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July 2013
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NEW IN DOHA

GoodFood

Arabian delights

MIDDLE EAST

*All you need to read for
a delicious Ramadan*

Good for you!
A week of healthy meals

**Summer
flavours**
New ways with
strawberries

**Fishy
business**
Chef-style
seafood recipes

WIN!
Stylish tableware,
hotel stays &
iftar vouchers

PLUS!



D-I-Y JAMS
& PRESERVES



BARCELONA
GASTRO-GUIDE



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Tempura?



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Welcome!



While we were busy putting together this *Ramadan Special* issue, the singular message that I saw coming through across all the different features, was how surprisingly simple many Arabic dishes are, to cook. I have to confess, I've always been a little bit intimidated by the prospect of recreating the complex, multi-layered flavours of this cuisine at home. And I was content with enjoying Arabian delicacies in

restaurants or with the occasional store-bought hummous or takeaway mixed grill just fine. But, this issue has been a revelation.

Whether it's the decadent lamb ouzi – a personal favourite of mine from Iftar buffets – or the fragrant mouhalabieh, I was amazed at how uncomplicated the recipes were. Check out a traditional Iftar menu on *Regal Repast*, p24. If you want to experiment with something a bit more inventive, then you need look no further than the inspiring creations of Chef Sudqi Naddaf in *Modern Arabian*, p28. But, what I think most of us who are guilty of not getting acquainted with the Emirati culture enough will find most interesting, is *An Emirati Ramadan* (p20) – Nicola Monteath has gone into the homes of two local foodies to get to know them a little bit better, to understand what Ramadan is like for them, and of course, get them to share some of their favourite family recipes (which, again, are decidedly do-able). I found it fascinating! With useful expert advice on fasting healthily, and a round-up of the most fabulous Iftar and Suhoor offerings around town, I think we can safely say we've got Ramadan covered.

That's not all, we've also got our usual lineup of simple suppers for weeknights, healthy eating ideas, and creative ways with the summer superstar that is strawberries. We also travel to Barcelona this month to uncover the Catalan capital's culinary secrets, and catch up with the delightfully humble Michelin masterchef, Michel Rostang.

Enjoy all that this very special month brings,
Ramadan Kareem!

Sudeshna

Editor's picks



◆ Home-grown foodie personality and someone I greatly

admire, Dalia Dogmoch Soubra, has just launched her first cookbook. I love how personal and evocative it is! p13

◆ A Middle Eastern take on one of my favourite summer berries – perfect for this month, p57



◆ This month's Food Safari feature takes me back to my delicious Sri Lankan holiday, p84

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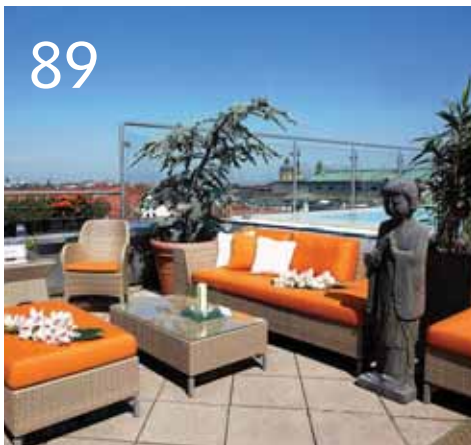
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WIN!

Our recipe descriptions

V Suitable for vegetarians

❄ You can freeze it

❄ Not suitable for freezing

Easy Simple recipes even beginners can make

A little effort These require a bit more skill and confidence – such as making pastry

More of a challenge Recipes aimed at experienced cooks

Low fat 12g or less per portion

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving

Vit C **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients

Some recipes contain pork & alcohol. These are clearly marked and are for non-Muslims only. Look for these symbols:

P contains pork

🍷 contains alcohol

Store Directory

Contact numbers for outlets featured in this issue

@Home: 04-4340877

2XL Furniture: 04-2888071

Bloomingdale's Home: 04-3505333

Crate and Barrel: 04-3990125

Forrey and Galland: 04-3398850

Harvey Nichols: 04-4098888

Home Centre: 04-3414441

Homes R Us: 04-4469820

Indigo Living: 04-3466934

Ines Patisserie: 04-3883486

Jashanmal stores: 04-3253808

Lakeland: 04-3236081

Marina Home Interiors: 04-3882012

Sauce Gifts: 04-3463393

The One: 04-3456687

Note: Prices in Qatari Riyals are usually the same as UAE Dirhams.

Your say

We love to hear from you!

LET'S COOK WITH THE KIDS

Most children are on holiday now, and I know many love to cook and put their talents to work in the kitchen. My daughter is engrossed with this hobby and always tries dishes from cookbooks, which is great – and I've noticed she spends less time on the computer and TV. Cooking has also helped her in math as she now understands the concept of weight. Hope to see more children's recipes in *BBC Good Food ME*.

Ruth Cardoz



HELPFUL SUGGESTION

I am a subscriber to your magazine which I receive every month. I enjoy the magazine as it has many good recipes in it. However, it would be a really great idea to have a separate index in each issue just for the recipes, so when you are looking for something to cook, you can flick to it for a quick reference.

Catherine Durben

EDITOR'S NOTE: Thank you for your suggestion, Catherine. I'm delighted to let you know that we have introduced a new 'Menu Planner' section from this month onwards – it is meant to provide a bit of inspiration on how you can combine different recipes from across different features for one meal. Turn to p10 to find it. Other than that, you can find a ready reckoner for all our features on the Contents page, as well as the Section opener pages, which guide you to all the features, and give an indication of which recipes they contain. Happy cooking!

TALK TO US!

Email us on feedback@bbcgoodfoodme.com with your thoughts, views and comments.

You can also connect with us on social media! Find us on:



@bbcgoodfoodme

Or, you could write to us at:

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The writer of the Star Letter wins a **Dhs1,000 voucher from @home**, South Africa's leading homeware store. @home offers a glamorous and fashionable range of products for the entire home, including the bedroom, bathroom, kitchen, dining, and living room, as well as general home décor items, appliances and office accessories. Their contemporary, fresh, and innovative products are both practical and aesthetically designed. @home stores are located in Dubai at Mercato Mall, Ibn Battuta Mall, Dubai Marina Mall, The Dubai Mall and Mall of the Emirates; in Abu Dhabi at Al Wahda mall; and at Al Hamra Mall in Ras Al Khaimah.



@home
THE HOMEWARE STORE

Star Letter

MAKING A DIFFERENCE

I have been a subscriber of *BBC Good Food ME* since last year. Inspired by the articles in the magazine, my company, Occupational Health Clinic Dubai, created an overall theme for a health campaign for 7,000 employees which we launched in March and ended in April 2013. Our slogan was, 'Smart food choices today, a healthier tomorrow'.

The campaign consisted of daily tips and healthy

recipes which were e-mailed to employees for the entire month. We invited the employees' kids, aged six-13, to join the poster-making competition that revolved around the theme of healthy eating, and also hosted a nutritious breakfast for the staff. I'm sure the employees and their families all benefited from this campaign. Thanks to your magazine for inspiring us to inspire other people.

Katherine Victorino

BEGINNER'S LUCK

I recently started cooking, and I think it's safe to say that I have mastered chicken alfredo pasta. I try to get into the kitchen whenever I can, no matter how I tired I am after a busy day at work. I thought it would be amazing to cook my wife a delicious breakfast in bed, and so I made the Scotch eggs (*Learn to: Make Scotch eggs*, June 2013) and served it with orange juice – she loved it! Please do more step-by-step recipes as they are quite helpful for new cooks like me.

Abdul Rihab Rahman



SMART THINKING

I've been suffering from lack of concentration lately, and was starting to wonder if it is related to my lifestyle. When I saw the article on eating to boost brain power, I was intrigued and had to read further to know how exactly I could tackle my problems. I began eating healthy from the first week of June and have included nuts, avocado and fatty fish in my diet. I even make sure to drink green tea throughout the day instead of soda. Can't wait to see the long-term effects!

Jamie Fredanov



We asked you...

Facebook poll

What do you like the most about Ramadan?

88% Spiritual benefits

9% Trying authentic Arabic food

3% The chance to detox



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Foodie file

What's hot and happening in the culinary world, here and around the globe.



Catalan

DINE IN THE CITY

- ✳ Combining fashion, food and music under one stylish roof, Studio F, Fashion TV's first restaurant in the UAE, hosts master classes and fashion events during the day, and transforms into a bar and restaurant later. Don't miss the Mediterranean dishes including baked camembert, and marinated lamb 'Carré'. Call 056-7592579.
- ✳ Couture seems to be the flavour of the moment, with yet another fashion-themed café, the Vogue café, opening up its doors (well, metaphorically – it's an open concession inside Dubai Mall's Level Shoe District, so there are no doors really!) recently. Expect light bites like sliders, spring rolls, and an array of mocktails. Call 04-5016810.
- ✳ Yamanote Atelier on Al Wasl Square is a new Japanese bakery which serves a range of baked goods, from croissants and butter rolls, to traditional treats such as red bean bun and curry doughnut, all made with special light flours flown in from Japan. Call 04-3881811.
- ✳ Fine dining in Abu Dhabi just got finer with the opening of Catalan, the first Catalan restaurant in UAE, headed up by the first Michelin starred chef to be based here. The menu includes authentic favourites with a modern twist, such as marinated sardines, slow-cooked eggs and of course, fragrant paella. Call 02-8135550.



This just in:

We can't wait to serve Sulaimani tea in this pretty Moroccan Souq teapot, this Ramadan. Dhs1,250, at Bloomingdale's Home.

“Make [food] simple and let things taste of what they are.”

- Curnonsky, a 20th century French gastronomy writer.



Non-calorific Ramadan delights

Indulge guilt-free this Ramadan with 20 unique Arabic and Asian low-calorie and sugar-free treats from Blossom sweets, Abu Dhabi. Try unique flavours of chai cake with honey-ginger cream, rose mahlabia cheese cake, and sugar-free avocado mousse cake. Call 02-4412999.

Text by NICOLA MONTEATH | Photographs SUPPLIED, PHOTOS.COM.

Crazy for cronuts

Why eat a croissant or a doughnut when you can have a cronut? The latest food fad to hit Manhattan is a croissant-doughnut hybrid filled with cream, available only at one bakery in Soho. We've heard Hugh Jackman is a fan and had to stand in queue as well! We can't wait for the cronut craze to hit our shores.



TIME FOR A CHANGE

One of our favourite culinary websites, cookingwithamanicure.com, has gone through a makeover to now offer healthy and nutritious options, celebrity chef interviews, restaurant recommendations and events, to make sure foodies have a one-stop online destination for all their foodie finds.

#What's trending

It's all about #Mangos this season, and we've discovered that India recently exported over 500 tons to the US! Also, in Ayurveda, the fruit balances all 3 doshas and acts as an energiser. We found out that celebrity chef Sanjeev Kapoor enjoys mango with vanilla ice cream for dessert.



Let's go to Southern Italy!



Join us on our next Culinary Journeys trip with The World at Her Feet, to the Amalfi Coast from September 27-October 2. Explore divine Southern Italian cuisine with cooking classes, visit local cheese and olive oil farms, go on day-trips to Capri to see the magical Blue Grotto, and Pompeii and Positano, and stay in a charming Mediterranean villa, complete with luxurious amenities. To avail of the specially discounted price of Dhs9,400 per person for BBC Good Food ME readers (easy monthly instalment options available), visit bbcgoodfoodme.com/culinaryjourneys for details.

Waste not, want not!

A recent study from the Dubai Municipality has revealed that 36 per cent of food wastage is from households in Dubai. To reduce wastage effectively, follow these guidelines issued by them: Don't prepare more food than you require; prepare a grocery list and stick to it; store frozen and dried foods carefully; check expiry dates beforehand; don't serve dishes which are overflowing with food; make use of leftovers; arrange ingredients in a systematic manner; donate foods whenever possible; cook with local produce to reduce carbon footprint; and use food refuse as compost for plants.

EAT FALAFELS, FIGHT WORLD HUNGER!

Just Falafel, the home-grown falafel sandwich brand, has joined forces with the UN World Food Programme to fight hunger and raise Dhs3.67 million over the next three years. A donation of Dhs1,800 will be made to the programme with the launch of every franchise, and 1000 franchisees are already set to open before 2016.





CELEBRATE THE RAMADAN SEASON AT

The Address DUBAI MARINA

Break your fast this Ramadan season with a traditional Arabian experience, everything from a fabulous Iftar through to Suhoor. Join us for a delicious Iftar offering, with all your seasonal favourites, in the stylish setting of our Constellation Ballroom, or enjoy an à la carte Suhoor menu of Arabic flavours in the relaxed ambience of our contemporary terrace tent. Share the spirit and flavours of the season with family and friends over shisha and a game of backgammon at The Address Dubai Marina, for an experience to remember.

Special Iftar Price: AED 155 per person. Iftar buffet available from sunset until 9pm. Suhoor menu served from 8pm onwards

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AGMC

Aisle file

Gorgeous gourmet buys, kitchen gear, foodie accessories, home décor and more.



We love these Flossie and Bumble Dachshund print bone china mugs – coffee and canine cuteness make a great combination! Dhs60, at **FLOSSIEANDBUMBLE.CO.UK**.



Make it personal this Ramadan with a customised hamper from **MILK & HONEY**. You can fill it with gourmet cheese, gluten-free breads, chutneys, pâtés, caviar, tea, Swedish chocolate and The Green Box's organic dates, among other treats. Prices start from Dhs150.



It's the season for light salads, so turn to p45 for some scrumptious recipes, and toss them in this Serve salad bowl (Dhs119) with Salad hands (Dhs89) from **CRATE AND BARREL**.



Bring out your inner stylist whenever you take food over to a potluck, by using these charming Beaded bowl covers instead of boring old cling film! Dhs38 at **LAKELAND**.



These colourful French fries cups with racks is perfect for serving chips and dip at your next party. Dhs25 each, at **HOME CENTRE**.



Tuck into Swiss chocolate covered Khudri dates filled with almonds from this Dates of Arabia envelope – ideal for a Ramadan gift. Dhs38, at **CANDELITE**.



Who doesn't love pizza prepared in minutes? Give pizza-making a go with this Pizza perfecter, which takes just ten minutes to cook, and automatically switches off when ready – perfect for impromptu pizza and movie nights! Dhs475, at **CITRUSSTV.COM**.

Transport yourself to exotic locales with the TWG Weekend tea collection box sets, which includes A Weekend in St Tropez, with a red fruit and berries tea, and A weekend in Hong Kong, which allows you to unwind and relax with a concoction of green tea, wild rhubarb, blossoms and malty toffee. From Dhs222 for a two-piece set, at **TWG TEA**, Dubai Mall.



This Guzzini Belle Epoque Stem glass in a whimsical ruby red embodies everything glamorous for your dinner table. Dhs45, at **TAVOLA**.





Here to help

Our expert chef Andy Campbell offers practical advice to tackle all your cooking dilemmas.



Q How do I tone down the flavour of vanilla in a savoury dish, if I've already added too many seeds?

A. I would be very careful with expensive items such as vanilla or saffron as it is costly, and can become overpowering in a dish. To tone down the flavour you could add a little butter and lemon juice, and then do the taste test – but I suggest being careful to begin with.

Q Could you give me a recipe base for chicken or mutton curries, which can be puréed and frozen?

A. Make a base of softened onions, garlic, chilli and ginger and cook in plenty of oil. Add your spices, puree, and seal in an airtight container or zip lock bag. You can freeze this for up to six months – just avoid adding stock or tomatoes, as the high water content spoils the base.

Q I love the taste of caramelised garlic. What's the best way to caramelise garlic without burning it?

A. The caramelised garlic tart is a fashionable dish in London these days. Here are methods that may help. Wrap a garlic bulb in aluminum foil, add little olive oil, a sprig of thyme and seasoning. Roast at 190-200C for 30-35 minutes, and rest before popping the garlic out of its skin. You could

also blanch peeled cloves in boiling salted water for two minutes, then refresh in cold water. Add the cloves to a pan with two tablespoons each of butter, your favourite vinegar, water and brown sugar to taste. Roll the cloves in the pan for five minutes – they should be soft and browned with a caramelised texture and sweet and sour flavour.

Q How many hours or days can I keep sashimi and sushi rolls for if it is prepared at home?

A. The word sashimi is said to be derived from the method of killing the fish by spearing the head, as a result of which, the fish expire instantly, thus not releasing lactic acid to the flesh. This method then gives the fish a longer shelf life. But bear in mind that oily fish spoils quicker. Sushi rolls usually keep for approximately four to six hours in the refrigerator, while sashimi keeps for a couple of days, if well wrapped, but it also depends on the freshness of the fish to begin with.



Andy's ingredient of the month

I love cooking with Japanese Sadaka noodles made from Konjac root. A 200g pack serves two portions and contains only 5 kilocalories per portion. I use them as an alternative to noodles as they take on flavours just the same way. They are also great for diabetics and are available in pharmacies across the GCC.



Menu planner

Whip up a delicious meal with recipes from this issue

Summer Saturday lunch with the girls



Drink

Cool off with this Tamarind iced tea, p28



Starter

The Ceviche is a fuss-free, no-cook dish, p54



Main

A light and fresh main – Smoked chicken salad, p45



Dessert

Strawberry with lime and long pepper syrup, p63

Ask us & win! Got a cooking question you need answered? Send your culinary query to feedback@bbcgoodfoodme.com and get a chance to win lunch for two, worth Dhs150, from Nelsons, Media Rotana Dubai. To find out more about Chef Andy, visit chefandycampbell.com.

RAMADAN KAREEM

Where the most
delicious thing
**on the menu is
the conversation.**



© Inter IKEA Systems B.V. 2013

On test: Meat grinders

Essential home gadgets reviewed.

Moulinex HV8 meat grinder

Homemade mince tastes so much better than store-bought! Hundreds of chefs mention in cookery shows, that the tastiest burger or sausage is the one which goes from the butcher to your grill in the shortest time possible, and with the least amount of industrial processing. This machine helps you achieve that! The HV8 meat mincer works with a flow of 1.6kg per minute, has two steel grids to mince thick or thin meat, five grater drums, self-sharpening knife, reverse function, plastic tray, and a sausage and biscuit attachment.

What we liked: This durable machine is powerful and efficient, and minced the meat exactly the way I wanted – it didn't over-work it, and retained the juices. The multiple hole screens were quite useful, and surprisingly good for sausage-making. It is not only easy to use but also versatile, and I used it for shredding, dicing and slicing various meat cuts. Overall, the gadget is easy to assemble, disassemble and clean after use. The meat stomper included is a great accessory, and so is the reverse feature which lets you avoid blockage in the feeder tube.

What we didn't like: It comes with a grater, although I wasn't sure why someone would want to grate cheese in a mincer? It was a bit of a redundant feature.

To buy: Dhs899, available at Carrefour and Union Co-operative stores.



User tip

Use the stomper or meat pusher to make sure meat goes through the feeder tube to be minced completely.

Panasonic MK-MG1500 meat grinder

Being a novice to a meat grinding machine, I found it not only interesting to use, but also a lot of fun to prepare beef burgers. The sturdy machine grinds 2kgs of meat a minute and works on a tumbler switch (on and off), which makes it easy to use. The machine has different blade settings for rough, medium, and fine mince.

What we liked: The manual offers clear and precise instructions which makes it quite easy to use for first-time users. I used frozen meat for burgers, and found that it minced very well – the pieces had to be cut to less than an inch thick, and it is essential to pause for a second or two, to let the grinder churn away inside before adding a new piece. Choose between settings, rough if you prefer a coarse kind of meat, medium for dishes such as kibbeh and kebabs, and fine, for lasagne or pasta dishes. The gadget comes apart easily, is quite compact and isn't very noisy.

What we didn't like: Cleaning up was a fiddly process, as I had to manually remove small bits of meat that stayed stuck.

While the machine does exactly what it says on the tin, and it does that well, it would be nice to have at least a few extra features, perhaps a slicer or chopper, to make it a more useful buy.

To buy: Dhs469, available at Al Futtaim Panatech showrooms.



User tip

Make sure you choose meat that is a bit firm, as too-soft meat will get stuck while being minced.



Kenwood MG510 meat grinder

This powerful 1600W meat grinder machine is the signature product in the Kenwood meat grinder range, and has a stylish brushed metal body, stainless steel mincer head and a sturdy look which is ideal for modern kitchens. The gadget can process 2kg of meat a minute, has three mincing screens (fine, medium and coarse), a dust cover, and special attachments to make sausages and kibbeh – perfect for Ramadan gatherings!

What we liked: The process of using it is quite simple, you just cut up any boneless meat into cubes, place on the tray on top, then turn the machine on – and within minutes, you have fresh, homemade mince ready. The meat went through to the feeder tube and screens easily, with just a little bit of nudging along required every now and then. The sausage attachment was very useful, and ideal for those who prefer homemade sausages as opposed to the processed kind available in supermarkets. This sort of a gadget is ideal for dishes like lasagne, as you can make sure the meat is fat-free. Recipes are also included in the manual, to make sure you get the right quantity of meat and ingredients to achieve perfect results, whatever you're making – whether it's a burger or an Arabian delicacy. Given its versatility, this is definitely worth investing in.

What we didn't like: With many different parts and attachments, the machine took a bit of time to assemble, but definitely couldn't be done with guess work.

To buy: Dhs595, at Jashanmal and Spinney's outlets.

User tip

Remove all bones and rind before mincing, and never push the meat into the tube with a knife.

What products would you like to see reviewed in the magazine? Tell us on feedback@bbcgoodfoodme.com or [facebook.com/bbcgoodfoodme](https://www.facebook.com/bbcgoodfoodme).

On my bookshelf. . .



★ We ask the pros to tell us about the cookbook

they can't live without.

Paul Hage, Executive Chef, Habtoor Grand Beach Resort

"*Dictionnaire Amoureux de la Cuisine* by Alain Ducasse is my favourite cookbook because it describes every detail so beautifully. The book highlights how Ducasse discovered his ingredients, where each dish originates from and how to create it, in a simple yet comprehensive manner. The book is very inspiring and fuels creativity in the kitchen".



Watch this:

★ **100 Lahma, On Fatafeat, daily at 1pm**

This is the first cooking show on the Arabic channel

to have English subtitles, and has Chef Tarek Ibrahim, corporate chef of Meat & Livestock Australia, and the first Arab Masterchef, showcasing 100 different meat recipes – everything from lamb tagine and beef wellington, to lamb shoulder. Running for 100 days, the show also has Chef Tarek sharing lessons on preparation and working with different cuts of meat.



Download this:

★ **What's in my larder, Dhs7.49 for iPhone and iPad**

Who doesn't struggle with finding they're out of one

crucial ingredient halfway through cooking a dish? This handy app presents the solution – you build your own list based on what you have in your kitchen, and then slot them into categories such as Location; List; and Category. You can customise each category according to your kitchen needs. The tiresome bit is probably building that initial inventory, but once that's done, you will find this a resource you can't live without.

Culina-reads

Reviews of the latest cookbooks, food shows and mobile apps.



Food, love and life

by Dalia Dogmouch Soubra (CPI Media Group)

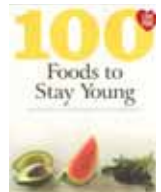
Well known Dubai foodie personality Dalia has converted an identity crisis into a beautiful journey of food with this, her debut cookbook. She starts by telling the reader about her nomadic upbringing which saw her moving from Syria to Germany to France to New York (all great culinary hubs in their own right), and the various influences she gathered along the way that stoked her passion for food and cooking. The recipe collection reflects that, with everything from foul moudammas and labneh & mint wraps, to ossobucco and rib roasts, and everything in between.

The recipes are divided into practical sections such as Breakfast; Lunch & dinner; Soups, salads and sides; Sauces, dressings and spreads; Savoury bakes and Sweet bakes and desserts. Dalia makes each recipe her own, whether it's a classical risotto, or something passed down by her mother, if it's not one of her own creations – and they are all simple, and very home cook-friendly. Interspersed with personal notes, and evocative photographs of herself and her friends and family, this book truly feels like a personal kitchen diary brought to life by stunning imagery and beautiful design, and is sure to inspire an eclectic gastronomic journey of your own. Dhs155, available at Bloomongdales Home, Tavola, Kitsch cupcakes outlets and all leading bookstores.

★ **100 Foods to stay young** by Charlotte Watts (Parragon Books)

This book's title may be making a lofty claim, but as the introduction explains, "good nutrition is the foundation to a youthful, vital body". Identifying the six aspects of health that go towards youthfulness (Skin, hair and nails; Mobility and strength; Digestive health; Brain health; Heart health; Immunity), each recipe in the book then highlights which of these aspects it helps promote, with a code. The recipes are sectioned off according to ingredient (Fruits; Vegetables; Meat, fish, dairy and eggs, and so on), and, contrary to what many believe, highlight dishes that are definitely good for you, but are not at all boring or bland. Whether it's grilled lamb with yoghurt and herb dressing (did you know lamb contains nutrients that boost immunity and slow down ageing?), or Thai spiced chicken with courgettes, there are some seriously tasty dishes on here, although there are also some quintessential health food-esqe dishes like sprout salad and millet porridge. The recipes are peppered with interesting trivia on food, and all of them contain useful nutritional advice.

Dhs45, available at Jashanmal bookstores.



★ **Heart-healthy Everyday meals; Soups & stews; Snacks; Sweets & desserts** by Dr Jehanne Ali (Marshall Cavendish)

This set-of-four mini cookbook series contains 35 recipes in each, devised by a doctor who loves to cook, and offers a healthy twist on popular dishes. Doing exactly

what it says on the tin, the pocketbook-sized books are a useful companion for anyone who is conscious about eating healthy, but doesn't want to compromise on taste. Clever twists like including apple purée in a chocolate brownie recipe, and omitting cheese from a pizza, as well as including antioxidant-rich ingredients into the dishes, make these internationally-inspired recipes a must-have. If you're looking for ideas for any specific genre, healthy desserts for example, then just get the relevant book, otherwise, the whole series is a useful addition to anyone's collection. The size is particularly convenient for those who are heading off on self-catering holidays and don't want to come back with a holiday bulge!

Dhs17 each, available at amazon.co.uk.



Tried & tasted

Each month, we review two of the city's top tables.

Middle Eastern



Where: Ottoman's, Grosvenor House Dubai

What's it like: Walls of twinkling candles invite you inside, where a majlis-style lounge and bar leads into the main restaurant space. Yes, there is gold and chandeliers here, but not the kind you'd expect – it is a matte, burnished gold, and a minimalist teardrop shaped chandelier, that convey Arabesque, but in a sophisticated, understated manner. Guided by the genuinely hospitable restaurant manager, we were quick to order Acili Ezme, a finely chopped vegetable, tomato and chilli dip, as part of our mezze, eager as we were to recreate our Istanbul holiday memories. Alongside, we ordered the signature Pide (a Turkish flatbread pizza), and a delicious scallop moussaka – baked scallop served in its shell, on a bed of eggplant and baked cheese. For mains, I opted for a classic Adana kebab (marinated minced lamb on a skewer), served with bulghur pilaf – what a revelation that was – and grilled vegetables. My partner's chicken stuffed with rice was another unique discovery – served with mashed potatoes, the slightly sweetish chicken dish unravelled the complex layers of flavours and fragrances typical of Turkish cuisine with each bite. For dessert, we uncharacteristically ordered

something quite un-authentic – chocolate fondant with vanilla ice cream – to share. We were assured this counts as 'Modern Turkish', but it doesn't really matter, as it was one of the best

versions of this European classic we've ever tried.

If you want to go: The four-course summer set menu is Dhs250 per person, call 04-3176000.

- Sudeshna Ghosh

Best for:
Arabic with
a difference



Where: Al Nafoorah, Jumeirah Emirates Towers

What's it like: Arabic restaurants are one-too-many in the UAE, which is why dining at Al Nafoorah was a real treat as it offers much more than just tasty food in a fine-dining setting. Their newly opened rustic-style marquee on the terrace, which is magically lit with Arabic lanterns transports you back to a time in ancient Arabia.

Our meal began, as most Arabic meals do, with a hot mezze plate of cheese spring rolls, spinach fatayer, sambusek and kibbe, and cold mezze including moutabal, fattoush – my dining partner and I both felt that the fattoush had the best salad dressing we had ever tasted – and hummous. While we filled up on freshly baked Arabic bread, we decided we'd choose seafood for main course, as it seemed apt for the summer. My partner chose the Sherry fillet with couscous and chilli sauce – the fish was presented with a layer of salsa on top and was juicy and moist, and the couscous had soaked up the juices from the fish and sauce, proving to be a great side to the fish. I chose the garlic and lemon juice grilled prawns which was, for a change, a good portion for one – just four pieces – and were sweet and tender. For dessert, we had a platter of fresh fruits, and fresh cream with honey and pistachio, a dessert served with a flourish, which provided the perfectly light ending to a summer supper.

Best for:
A light, fresh
Arabian meal

If you want to go: Around Dhs600 for two; without drinks. Call 04-3198088.

- Nicola Monteath

Photographs SUPPLIED

The Doha diaries

Our Doha-based columnist has his finger on the pulse of the city's foodie scene.

The meat of the desert

In 1859, Peter Lund Simmons, author of *'The Curiosities of Food'* wrote that 'The flesh of the camel is dry and hard, but not unpalatable'. Thankfully, things have developed somewhat in the last 150 years of culinary history.

Camel meat is prized in the Middle East. On a visit to Saudi Arabia at the beginning of the year, The Prince of Wales was treated to a whole roasted baby camel by the Crown Prince. On a recent trip to the region, the Mayor of London, Boris Johnson, was so intrigued when he was served camel, that he whipped out his iPhone to take a photo. To most expats, the idea of eating camel meat is still somewhat of a novelty. Given its prominence in Middle Eastern cuisine, it's still surprisingly undiscovered in the west, and worldwide, it accounts for only little over 0.1 per cent of all meat eaten every year.

That looks all set to change, however, with the number of fine dining restaurants in Doha including it in their menus. There's no better place to try camel for the first time than at IDAM, Michelin starred chef Alain Ducasse's first restaurant in the region. Braised for six days and served with foie gras, souffle potatoes and truffle sauce, Ducasse has managed to translate the meat of yesterday into a delicacy. It's succulent, tender and has a unique combination of flavours. On a recent visit to Doha, Ducasse, when asked about his process, commented, "The camels we use can't be too young or too old. We work locally with the meat, which is precious here. It's very, very high end. We hang it in the fridge for three to four weeks and we braise it for six days to reach the level of tenderness".

Known to be quite a tough meat, camel has a slightly nutty taste that resembles a coarse cut of beef or mutton, and is healthier than many other red meats, as it is leaner, packs in more protein than many of its counterparts, and is a great source of Vitamin E. The hump, which is full of fat, is the most valued part, as it's a lot more tender and fattier than the rest of the animal. For a slightly less adventurous way to try camel, you could check out the Signature Camel Burger, available at Aroma Restaurant in the Kempinski Residence and Suites, West Bay. Another, more traditional option that could break you in is the Baby Camel

Tagine at Tajine Moroccan Restaurant in Souq Waqif. Since Ramadan is the time of year when many Doha expats get an opportunity to get a closer look at the local cuisine, why not make this Ramadan the year you tried camel meat?

- Jonathan Parsons is co-owner and editor of Qatar's largest online restaurant guide, www.diningindoha.com.



Photographs SUPPLIED, PHOTOS.COM

The latest food news and happenings in the city.

West End, Renaissance Doha City Hotel

The Tanoura dancer and tunes from the live band will keep you entertained as you tuck into a selection of hot and cold mezze, shawarma, foods from the saj station, and pasta and sushi, before ending with a selection of Arabic sweets. *Iftar prices start from QR195 per person, and Souhour from QR235 per person. Call +974 44196100.*



Ramadan tent, The Ritz -Carlton: Sharq Village and Spa

The Arabian nights come to life at the Ramadan tent in the Al Dasha ballroom, where you can quench your thirst with traditional beverages, and help themselves to the lavish buffet which includes Arabic specialities. *From QR275 per person, Call +974 44256666.*



Hakawi Tent, Hilton Doha

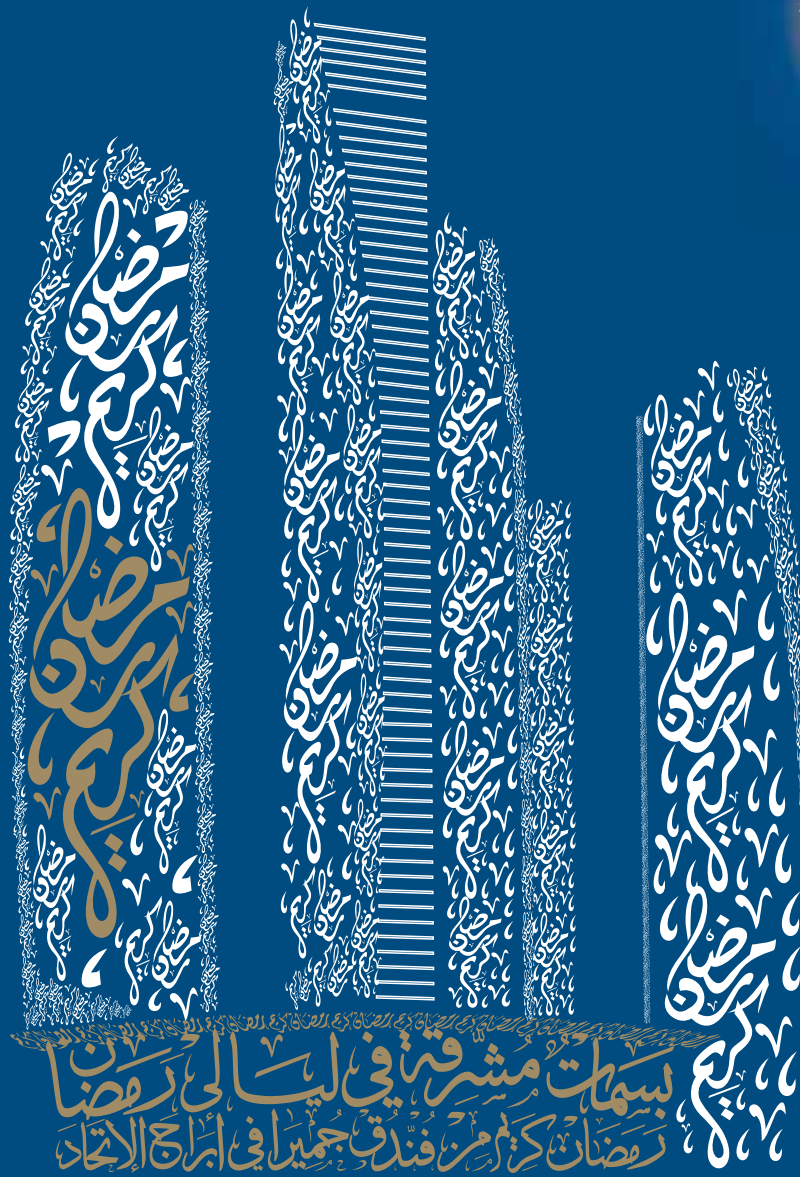
Sit back, listen to the enchanting tunes from the oud player, and enjoy Souhour with family and friends at the indoor Hakawi Tent, which offers flavoured shisha, hot and cold mezze, fourteen rotating main dishes, live cooking stations and a selection of dessert and specialty Ramadan drinks.

*QR270 per person.
Call +974 44233333.*

Aroma, Kempinski Residences and Suites Doha

On days when you prefer staying away from the lavish Iftar buffets, dine at Aroma restaurant to try out the four-course Iftar set-menu of Arabic and European delicacies. *From QR160 per person, call +974 44053325.*





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For more information, visit jumeirah.com/jadramadan or call +971 2 811 5666.

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spirit of Ramadan at
The Meydan Hotel

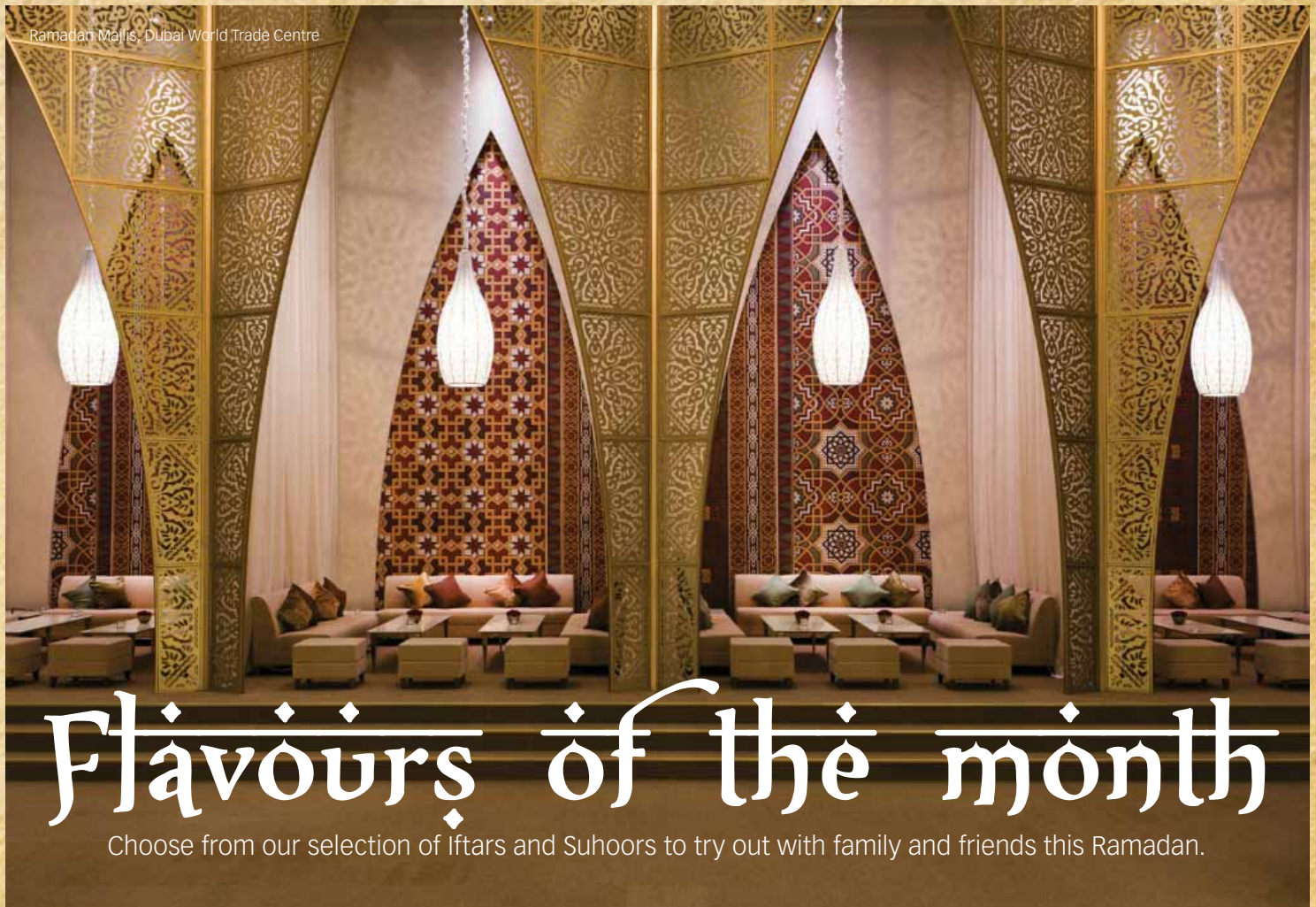
As the sun sets each evening during Ramadan, the traditional values of this holy month shine brightly at The Meydan Hotel. Our luxurious surroundings and spectacular views make it the perfect setting during this time of reflection. Treat your family to an authentic feast of Arabian delicacies and traditional Ramadan entertainment at Farriers restaurant for only AED 175.

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Flavours of the month

Choose from our selection of Iftars and Suhoors to try out with family and friends this Ramadan.

* Ramadan Majlis, Dubai World Trade Centre

Be mesmerised by the transformation of the Sheikh Saeed hall 3, as it turns into a vibrant Majlis during the Holy Month. Favoured by the locals, this massive Ramadan gathering place is where you can savour an array of truly authentic Arabic dishes, delicacies, tea and shisha, while relaxing at the sumptuous lounge.

Dhs135 per person, visit theramadanmajlis.com.

* Auris Plaza Hotel Dubai

The Culinary Arts Academy of Istanbul and the Auris Plaza Hotel Dubai in Al Barsha, have joined forces to launch a special Turkish Food Festival this month. Make Ramadan an excuse to try Ottoman cuisine including Yuvulama, a festive dish made of rice and meat rolled into small-sized balls with chickpeas and a yoghurt sauce; and gullac, a dessert of layered pastry, pomegranate and walnuts.

Dhs125 per person, call 04-4554839.

* A.O.C. French Brasserie, Sofitel Dubai Jumeirah Beach

This French restaurant goes Arabian this month – live oud music sets the tone, while the buffet serves up everything from traditional drinks made with hibiscus flower and tamarind, to Arabic salads, slow-cooked lamb, savoury pastries, tender chicken kebabs, and banana and chocolate crepes, fresh fruit and Arabic sweets. There's also complimentary backgammon and dominoes on offer, to give it an authentic Levant vibe.

Dhs180 per person, call 04-4484733.



* Al Zaytoun, Crowne Plaza Dubai Festival City

Get a truly Arabian experience for Suhour, as you unwind at the tent on the leisure deck, and listen to the oud player strumming melodic tunes. Take in the breathtaking views of the Dubai city skyline in the backdrop, as you indulge in an extensive à la carte menu of Arabian specialities and an enticing range of shisha flavours.

From 9pm onwards, call 04-7011127.

* Atayeb, Yas Viceroy Abu Dhabi

The award-winning restaurant will be serving a traditional Arabic feast of mixed grills, kebabs and rice dishes, along with decadent sweets, Arabic coffee and mint tea. Relax and unwind at the newly launched air-conditioned tent on the Terrace, and take in the views of the Yas Marina Circuit racetrack. Atayeb also offers shisha during Suhour.

Dhs175 per person, call 02-6560733. >>



Burj Al Hamam

* Burj Al Hamam

This well-loved casual Middle Eastern eatery is offering a delicious selection of Ramadan specialties, such as lentil or chicken soup, Lebanese mezze, and main courses including stuffed eggplant and zucchini, and stuffed lamb with rice.

Available at all outlets, from Dhs150 per person. Call 04-3428034.

* Ewaan, The Palace Downtown Dubai

Head to the Ramadan tent at this all-day dining restaurant to experience an Iftar with stunning views of the poolside and The Dubai Fountain and Burj Khalifa, while treating yourself to delicious Arabic dishes.

Dhs195 per person, call 04-4287806.

* The H Hotel

Enjoy live entertainment, shop for local handmade products, and henna painting at the market-style Souq in this hotel, while the children delight in the Kids Majlis. Once you've built up an appetite, head to the buffet in the corridor between Mizaan and Arcadia to try the creative menu prepared by celebrity chef Silvena Rowe, such as green shawarma marinated king prawns with green harissa mayonnaise, fattoush with burrata cheese, and chicken breasts stuffed with fresh spinach and akawi cheese.

Iftar buffet is priced from Dhs180 per person, market is open on Saturdays and Tuesdays, free entry. Call 04-5018888.

* Constellation Ballroom, The Address Dubai Marina

An Iftar buffet with traditional Arabic dishes and international cuisine awaits those who dine here. The Constellation ballroom has undergone a makeover this Ramadan, to offer a magical setting with lanterns and live Oud music, an authentic environment to savour dishes such as lamb ouzi and shawarmas cooked at live stations, Japanese delights such as sushi, and desserts including Arabic sweets and fresh ice cream.

From Dhs155 per person, call 04-3677777.

* The Atrium, Grand Millennium Dubai

Treat your family to a lavish Iftar where you can indulge in a variety of soups, cold appetisers, traditional main courses, dishes from the live cooking stations, and other Arabic delicacies and drinks from the buffet.

Dhs175 per person, call 04- 4299999.

* Al Iwan, Burj Al Arab

If you're looking for a lavish Iftar, then look no further than this iconic destination famed for its Ramadan feasts, where you can try a selection of traditional juices such as Jalab and Karkade, plus hot and cold mezze to share, including fattoush moutabel, kibbeh and spinach fatayer. For mains, try meat mixed grills or Gulf prawns, before ending the meal with a selection of dates and sweets.

Dhs290 per person, call 04-3017600.

* Al Hadheerah, Bab al Shams

Treat the family to an traditional Arabian experience at this picturesque desert resort – an array of Arabic delicacies abound at the buffet, including several live cooking stations, while the on-site Heritage Museum provides a cultural education. Complimentary camel and pony rides are offered for children too!

From Dhs195 per person, children under 12 eat free. Call 04-8096194.

* Mahec, Le Meridien Dubai

If you're all hummous-ed out this month, why not steer away from Arabic and try Indian instead? Tuck into the mouthwatering menu filled with Indian curries, kebabs, grills, biryani, and Indian sweets, at the Iftar buffet.

Dhs149 per person, call 04-7022455.

* Ingredients' Terrace, Eastern Mangroves Hotel and Spa by Anantara

Sit back and try a variety of hookah flavours, as you listen to traditional Ramadan music played on the Oriental Takht and indulge in an a la carte menu over Suhour.

From Dhs65, 9pm onwards. call 02-6561000.

* The Melrose ballroom, Movenpick Hotel JBR

Enjoy your buffet at the ballroom on the first floor of the hotel, which boasts an Arabian theme, with a casual majlis setting and an oud player too. Treat yourself to the traditional buffet which includes light mezze items and live cooking stations.

Dhs129 per person, call 04-4498888

* Shabestan, Radisson Blu Deira Creek

Try a Persian Iftar this month, and enjoy an assortment of starters, fresh juices, and delicacies like Persian rice, and lamb, chicken, and fish kebabs. Don't leave the table until you try the traditional Persian sweets and tea.

Available for Dhs139 per person, call 04- 2227171.





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An Emirati Ramadan

We go into the homes of two local foodies to see Ramadan through their eyes, and have them share their favourite recipes.

Photographs ANAS CHERUR



Faisal Nasser is an environmental engineer from Abu Dhabi who has always had an interest in food and culinary arts, and enjoys spending his weekends cooking for family and friends.

"Ramadan is about family gatherings and sharing food. It's like a long Christmas holiday, and some of us make it a point to detox after Ramadan as we tend to eat a lot. During the fasting hours I go to work and come home early, as we work shorter hours, but the younger generation usually sleep during daytime as they are awake the whole night until Suhoor. The older women cook during daytime and watch Ramadan series on TV, while the younger ladies stick to preparing desserts.

A typical day begins at 4:10am which is called 'Emsak' – the last time you eat or drink before you fast. In our house, we usually re-heat a few dishes from the night before, but I like to eat light and have yoghurt, dates and fruits. We then pray at 12:30pm and 3:45pm again, and start cooking before this prayer. When the sun sets, we break the fast with a few dates, soup or laban and water, and pray the 'magrib' before returning to the dining table for futoor (what is usually known as Iftar). At around 8pm, we have desserts and coffee while watching the latest sitcom and then pray the 'Ishaa' at 8:45, followed by the 'Traweeh' prayer, before visiting relatives, going out for shisha to the Ramadan tents, or shopping at malls! Most of us eat a Suhoor meal later at night, at around 2am."



Shorbat addas (mild lentil soup)

SERVES 4 • PREP 10 MINS

• COOK 30 MINS

200g red lentils

1 small onion, chopped

1 garlic clove

1 tsp ground cumin

1 tsp ground coriander

1 small carrot

80g butternut squash chopped

½ can of chopped tomatoes

500-700ml chicken or vegetable stock

1 lumi (black lime or dried lime)

3 tbsp vegetable oil

Salt and pepper

1 pita bread, cut into 2cm squares

Fresh coriander, to garnish

1 Cook the lentils with enough water to cover for 20 mins. Remove and drain the water.

2 Sweat the onions and garlic, add the cumin and the coriander and cook for 1 minute. Add the chopped carrots, butternut squash and tomatoes, cover and cook for 10 mins. Add the lentils and the stock, cover and cook for another 10 mins, use a hand blender and process to a smooth texture. Check the seasoning and add the lumi.

3 Spray the pita bread with oil, put on a roasting tray and toast in the oven grill.

4 Serve the soup garnished with fresh coriander and toasted pita bread squares.



Lugaimat (deep fried sugar coated dough balls infused with cardamom and saffron)

SERVES 4 ● PREP 1-2 HRS ● COOK TIME 20 MINS

FOR THE DOUGH BALLS

110ml lukewarm water
1 tbsp heaped instant yeast
145g plain flour
1 tsp ground cardamom
1 tsp saffron
Pinch of salt
2 tbsp plain yoghurt

100g small sized potato

FOR THE SUGAR GLAZE

200g sugar
120ml water
1 tsp cardamom
1 tsp saffron
Squeeze of lemon

1 Take 40ml of the lukewarm water, mix with instant yeast and leave for 5 mins.
2 Combine the dry dough ingredients together with a fork, except the potato, then add the yeast mix, the rest of the water and the yoghurt. The mix should be wet and sticky and have the texture

of a paste. Cover with a wet towel and allow it to rise for 1-2 hrs. Boil the whole potato, with skin on, for 25-30 mins, peel then return to a dry pan on low heat to take out excess moisture. Blend to form a smooth mash.

3 Prepare the sugar glaze by heating the sugar with water, cardamom and saffron for 15 mins, take off the heat add a squeeze of lemon and allow to cool completely.

4 When the dough has risen, add the mashed potato and mix with a fork very well.

5 Heat some vegetable oil, in a deep frying pan, to medium-high heat, and then lower the heat. Grease your hand and teaspoon with some oil, take a handful of the wet dough, make a fist with your hand and squeeze, so that a small dough ball comes out from the area between your thumb and index finger. Scrape it off with the oiled teaspoon, drop it in the oil and fry on gentle heat until they turn golden – this should take 5-7 mins. Remove the fried balls with a slotted spoon, place on a kitchen paper to absorb excess oil, pour the sugar glaze over, and serve.

Shaikha Al Ali is a Marketing major student at Zayed University Dubai, and founder of the cookery blog, Whenshaikhacooks.com.



"Ramadan for me, is about family, religion and food! It's a time where we can cleanse our mind and soul. During the day, we pray a lot, read the Quran, smell the aromas in the kitchen, and watch cartoons such as Freej. I help my mother cook traditional dishes – they are delicious and prepared only in the Holy Month. It is common for the whole family to get together for Iftar, so we often eat at my Grandma's house, and for Suhoor, we usually bring home leftovers – after we finish having iftar, we select the dishes we would like to have for Suhoor, and take them home! Before Suhoor, we spend time reading Quran and performing night prayers called 'Qiyam'.

My favourite Ramadan was when I was around nine years old, we had Iftar in school, and my friends and I would compete to see who fasted the most number of days during Ramadan – it was always five to ten, and we were allowed sips of water!"

Balaleet (sweet vermicelli noodle snack)

1 pack (200g) of vermicelli noodles
6 tbsp sugar
2 heaped tbsp butter
1 tsp ground cardamom
Pinch of saffron
1 egg plus 1 for omelette

1 Cook the noodles according to package instructions. Remove from the heat, strain and return to a pan. Quickly add all the ingredients, mix well using a fork, return to medium-low heat and cover for around 15 mins.

2 Make a round omelette with the second egg. Serve the Balaleet topped with the omelette. >>





Machboos simmach (spiced fried fish with saffron flavoured rice)

1.5 kg white fish, cut into large pieces

1 ½ cup of sunflower oil

FOR THE MARINADE

½ tsp dried coriander

½ tbsp salt

½ tsp black pepper

½ tsp cumin

Pinch of chilli powder

FOR THE SPICE MIX (KHALTA)

4 tbsp oil

5 large shallots, chopped into four cubes

4 medium tomatoes, chopped into four cubes

3 cloves garlic, minced

3 tbsp tomato paste

1 tsp cumin

1 tsp buhar (a traditional spice mix available at Union Co-operative or spice stores)

1 tsp dried coriander

½ tsp chilli

1 tsp turmeric

½ tsp dried ginger

3 pcs lumi

1 tsp salt

½ tsp pepper

1 tsp curry powder

3 chicken stock cubes

5 green chillies, stems removed

2 handfuls of fresh coriander, finely chopped

FOR THE RICE

Pinch of saffron

3 cups basmati white rice, rinsed

Salt, to taste

2 tbsp oil

1 Coat fish in the marinade, cover with aluminum foil, and refrigerate for 30 mins to an hour.

2 Heat oil in a pan, and fry the fish until it has seared and browned, don't overcook. Remove and rest on a kitchen paper.

3 To make the khalta, heat the oil in a large pan. Add the onions and sauté until tender. Add the garlic and keep cooking – be careful not to burn. Add the tomato and follow with the tomato paste. Add all the spices as well as the stock cube, and then add the fish, chillies, fresh coriander and lumi.

4 In a small bowl, place a generous pinch of saffron with a little water and allow to infuse. Set aside.

5 To prepare the rice, bring a large pot of water to the boil. Salt the water generously, and add the oil. Then, add rice and cook on high heat for 10-15 mins. Drain and set aside.

6 In a larger pan, heat oil. Add a layer of rice (around a quarter of the total quantity). Top with the fish and the khalta spice mix. Then add the rest of the rice, drizzle over the saffron water, cover and cook on low heat for around 2 hrs. Serve with freshly chopped coriander.



6 My grandmother makes this dessert the best – you can tell the difference when an older, experienced person has cooked it. 9

Ruttab rangina (traditional date dessert)

700 Ruttab dates, stems removed
(available at Bateel)

1 ¼ cup ghee

3 cups whole wheat flour


Ground cardamom, for garnish

Ground cinnamon, for garnish

Yoghurt, to serve

1 In a deep dish, place the ruttab dates in a vertical position.

2 In a pan, melt the ghee on medium heat, add the flour and keep stirring until it reaches a brownish color.

3 Spread the toasted flour over the dates. Sprinkle with cardamom and cinnamon, and serve with yoghurt on the side. 



Ramadan Kareem

This Ramadan, choose from an international Iftar buffet at Dunes Cafe, an Arabic and Moroccan buffet in Marrakech, or a lavish buffet in the themed surroundings of Al Bader ballroom.

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Hummous

Hummous

SERVES 4-6 ● PREP TIME 10 MINS
(PLUS 12 HRS FOR SOAKING) ● COOK
TIME 2 HRS

1kg chickpeas, boiled soft
500g tahina
40g garlic
600g ice
100g salt
100g lemon juice
Olive oil, for garnish

- 1 Mix the chickpeas and garlic in a blender, keeping 20g of the chickpeas aside for garnish. Add 200g of the ice and mix for 3 mins.
- 2 Add the tahina and mix it for another 3 mins. Add the remaining ice with salt and lemon juice and mix it for 3 mins.
- 3 Top with the remaining boiled chickpeas and generously drizzle over some olive oil, before serving.

Tabbouleh

SERVES 4-6 ● PREP TIME 20 MINS
● COOK TIME 4 MINS

200g parsley
100g tomato
50g onion
20g burgul
100ml water, plus some more for
soaking
25g butter
20g salt
20g lemon juice
25g olive oil
10g mint powder
40g tomatoes, finely chopped
Handful of mint leaves

- 1 Chop the parsley very finely. Cut the tomato and onion into small dices.
- 2 Soak burgul in cold water for 3 mins, then drain. Boil 100ml of water, add butter, then put the boiled water over the burgul. Cover and let cool.
- 3 Mix all the ingredients together. Serve garnished with chopped tomato and mint leaves.

Regal repast

This Ramadan, serve up a feast fit for royalty by recreating the Iftar classics, with these recipes from Chef Ludovic Garnier, chef de cuisine at One & Only Royal Mirage Dubai. Photographs ANAS CHERUR

Tabbouleh



Chef Ludovic Garnier was born in Nantes, France, and has worked in several five star hotels across France, London and Canada, before taking over as Chef de Cuisine at One&Only Royal Mirage, Dubai, two years ago. His personal passion lies in fine patisserie, which he has fuelled with training in Alain Ducasse's cooking school in New York, but he equally enjoys working with the kitchen team at the hotel's Arabian Court, to highlight regional flavours.



Lamb ouzi

SERVES 4-6 • PREP TIME 15 MINS
(PLUS 24 HRS FOR MARINATING)
• COOK TIME 2 HRS, 20 MINS

4kg whole baby lamb (available at
Geant supermarkets; can be
swapped for 3kg lamb shoulder)

FOR MARINADE

2kg yoghurt
300g onion, chopped
50g garlic
60g fresh rosemary
30g cardamom
80g salt
30g white pepper
4g saffron

FOR RICE

1kg basmati rice
500g minced lamb
200g ghee
200g onion
20g cardamom
25g sweet pepper
30g salt
25g black pepper
200g green peas, cooked

Dry fried nuts, for garnish (almonds,
cashews, peanuts)

1.5l chicken stock

1 Mix the yoghurt, garlic, onion,
rosemary, cardamom and white pepper.
Season with salt and rub onto the lamb.
Marinate the lamb overnight.

2 Put the marinated lamb in a baking
tray at 180C for 2 hours. Cover with foil
15 minutes before its 2nd hour to make
the skin crispy.

3 Sauté the onion with ghee for 3 mins,
then add the mince and cook for 20
mins, constantly stirring to prevent the
meat from clumping. When the meat is
browned, add salt, sweet pepper, black
pepper and cardamom. Then, add
chicken stock and cook on high heat
for 10 mins. Add rice, stir for 5 mins
and cover. Cook, covered, on low heat
for 12 mins. When the rice is cooked,
mix in the green peas and some of the
fried nuts.

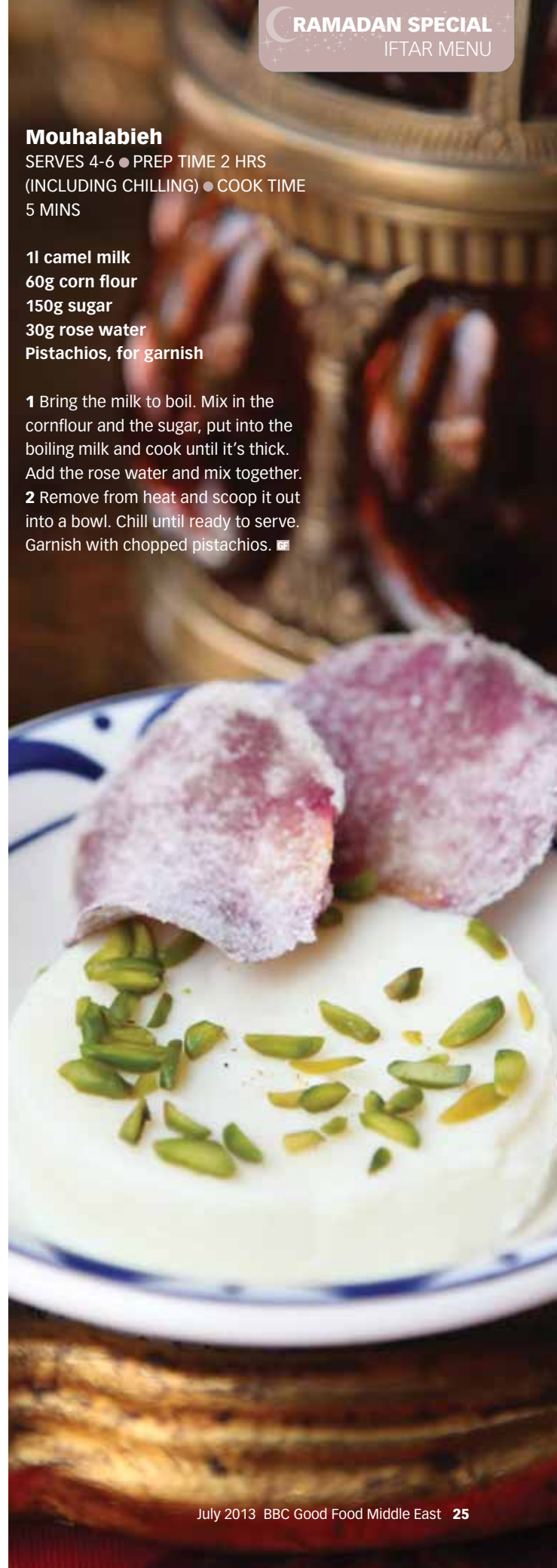
4 Put the rice on a large platter, place
the roasted lamb on top and sprinkle
with the remaining nuts.

Mouhalabieh

SERVES 4-6 • PREP TIME 2 HRS
(INCLUDING CHILLING) • COOK TIME
5 MINS

1l camel milk
60g corn flour
150g sugar
30g rose water
Pistachios, for garnish

1 Bring the milk to boil. Mix in the
cornflour and the sugar, put into the
boiling milk and cook until it's thick.
Add the rose water and mix together.
2 Remove from heat and scoop it out
into a bowl. Chill until ready to serve.
Garnish with chopped pistachios. 📺



A taste of Arabia



Dusit Thani Dubai is serving up a traditional feast this Ramadan. Here, executive sous chef Abbas Kanso gives us a preview of the hotel's Iftar offerings, and shares two traditional recipes.

Originally from Lebanon, Chef Abbas Kanso has been working with Dusit Thani Dubai since 2006, overseeing banqueting events and the Ramadan offerings at the hotel. Chef Abbas learnt traditional cooking at home from his family members, and has made it a mission in his career, which has spanned various countries, including Spain and Bangkok, to promote Arabic cuisine in global kitchens.

Q. How would you define your culinary style?

A. My cooking style is very authentic Arabic. I use traditional recipes from the region and where possible, use traditional cooking methods and ingredients, too. You can really tell if a dish doesn't use the right techniques. My food is all about the traditional flavour which you get from recipes passed down from generation to generation. You can taste the authenticity with every mouthful.

Q. What do you have planned for Ramadan at Dusit Thani Dubai?

A. We have two very distinct Iftar offerings this Holy month of Ramadan. Our award winning restaurants on the 24th floor are coming together to offer a true feast of flavours. While the majority of our dishes are traditional Arabic delights, we are also offering international dishes from Italy, Thailand and Europe. It's about providing our guests with variety so everyone can enjoy. We have also introduced a 'Create your own Iftar menu' for groups of more than 50, allowing guests to host a truly tailor-made Iftar.

Q. In what way are your restaurant/Ramadan offerings unique or special?

A. As a hotel we are well known for our Thai hospitality and this is also evident in our restaurants and kitchens. Being able to offer a selection of international dishes as well as five live cooking stations brings life to the evening.



Fattoush salad

SERVES 4 • PREP TIME 15 MINS

- 2 cups shredded romaine lettuce
- 1 large cucumber, diced small
- 2 medium tomatoes, cubed
- ¼ cup chopped mint leaves, no stems
- ½ to 1 green pepper, diced
- 3 pieces red radish, sliced
- Half a white onion, finely sliced
- ½ tsp sumac
- 2 pieces of Arabic bread

FOR THE DRESSING

- ½ cup lemon juice
- ½ cup olive oil
- 2 cloves garlic
- 1 tsp salt

- 1 Toast the Arabic bread in an oven until golden brown. When cool enough to handle, break into small bite-sized pieces.
- 2 In a small bowl, mix all dressing ingredients well.
- 3 Put all the salad ingredients in a large bowl and toss with the dressing. Serve immediately.



Meat arayes

SERVES 4 • PREP TIME EIGHT MINS
• COOK TIME 15 MINS

- 800g minced lamb shoulder with fat
- 50g finely chopped tomato
- 30g finely chopped onion
- 25g chilli paste
- 10g pine seeds
- 4g each salt and white pepper
- 4 pcs medium sized Lebanese bread
- 80g lemon slices
- 120g tomato wedges and capsicum big cubes
- 30g parsley leaves
- 50g finely sliced onion
- 4g sumac powder

- 1 Mix the minced lamb with chopped tomato, onion, chilli paste, pine seeds, salt and white pepper till well combined.
- 2 Open the bread loaves flat and then spread the meat mixture onto it. Chargrill and cut into six equal pieces.
- 3 Put the tomato wedges and capsicum on skewers, brush with some oil then chargrill for around 5 mins.
- 4 Wash the parsley together with the sliced onion, strain and then mix together with sumac powder.
- 5 Arrange the arayes on a serving plate. Add the parsley mixture on the side as well as the grilled tomato wedges and capsicum. Garnish with lemon slices and serve.

Dusit Thani
DUBAI

To find out more and book:
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رمضان كريم

Ramadan Kareem

Ramadan Kareem

Celebrate the breaking of the fast with traditional Arabic cuisine, including hot and cold mezzeh as well as international delights on our 24th floor, against dramatic panoramic views of Dubai's skyline.

For iftar, individual dining at AED 160 per adults, AED 145 per person for groups of 20 or more. Children are half price.

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Dusit Thani
DUBAI

Summer berry
special

Sparkling tamarind iced tea

SERVES 4 ● PREP 10 MINS ● NO COOK

750ml still water
50g sugar
1 orange, sliced
1 lemon, sliced
10g mint leaves
5 vanilla pods
5 bags of black tea
600ml tamarind paste
200ml sparkling water

1 Mix still water, sugar, orange, lemon, mint leaves and vanilla pod in a small saucepan. Bring to a boil, then remove from the heat, add the tea bags and cool down for 5 mins.

2 Remove the tea bags and pour $\frac{1}{3}$ cup of the hot tea into a separate bowl. Add the tamarind paste to it, stir to dissolve, and then strain the mixture back into the rest of the tea. Let the tea cool down to room temperature, then refrigerate for 1 hr.

3 Before serving, add sparkling water to 300ml of the iced tea.

The tamarind iced tea can be kept refrigerated for 1 night.

Modern Arabian

Give traditional Arabic dishes a funky, international twist with these recipes from Sudqi Naddaf, executive chef at Kempinski Hotel Mall of the Emirates.

Photographs ANAS CHERUR



Having worked for the Kempinski chain in Jordan and GCC countries for six years, Sudqi Naddaf has gained experience in international culinary styles, and cooks everything from Japanese and Italian to classic French cuisine. The Jordanian chef also hosted a TV show called 'Baity' in Jordan years ago. Sudqi's dishes almost always have a creative twist, and till today he takes pride in his favourite masterpiece – a date sushi. He has been the executive chef of Kempinski Hotel Mall of the Emirates since last year.

Katayef suzette with pomegranate and vanilla ice cream

SERVES 4 • PREP 50 MINS

• COOK 20 MINS

500g vanilla ice cream

250g pistachios, finely chopped

250g pomegranate seeds

FOR THE KATAYEF BATTER

500g flour

125g whole-wheat flour

500ml fresh milk

200ml still water

1 tsp yeast

1 tsp baking powder

2 tsp sugar

FOR THE POMEGRANATE FILLING

800ml fresh milk

250ml fresh whipping cream

3 tbsp sugar

125g cornstarch

125ml water (to mix with cornstarch)

7 white toasted bread slices, crust removed

1 tbsp rosewater

1 tbsp orange blossom water

2 pomegranates

FOR THE ORANGE SUZETTE

600g sugar

50g butter

200ml fresh orange juice

50g fresh orange zest

2 vanilla pods

100g fresh orange segments

1 Mix all ingredients for the batter and stir until well-combined. Set aside for 20 mins.

2 Heat a nonstick pan on medium low heat, pour ¼ cup of batter and cook until the batter is no longer wet (about 30 seconds) and the bottom is golden brown colour (do not turn over). Set aside to cool.

3 To make the filling, pour milk, whipping cream, sugar, and water mixed with cornstarch in a medium-sized pot on low heat and stir. Cut the white toasted bread into pieces, add to the pot and stir. Mix until the custard begins to thicken. Add rose, the pomegranate seeds and orange water and stir until it becomes very thick. Remove from heat and pour into a bowl. Cool down and refrigerate.

4 For the orange suzette, caramelize the sugar until it becomes golden brown, add the butter, and then the orange juice, zest and vanilla pod together. Cool down to room temperature, then add the orange segments.

5 In a bowl, mix together the vanilla ice cream, pistachios and pomegranate seeds.

6 Spoon the pomegranate filling onto one side of a katayef slice and fold over to make half moon shapes, seal the katayef pocket by pressing down the sides gently with a fork. Repeat with the remaining katayefs. Pour the orange suzettes over it, and serve with scoops of the pistachio-flavoured ice cream.

Try our
cover
recipe!



Prawn kunafa

MAKES 16 • PREP 20 MINS

• COOK 1 HR

2 eggs

50g cornstarch

10g salt

10g white pepper

15g cajun spice

1 tbsp lemon juice

80ml water

16 prawns

500g kunafa sheets (available at leading supermarkets)

Toothpick or wooden skewers (cut in half)

Sweet chilli sauce


Cherry tomatoes, to garnish

1 Mix the egg, cornstarch, salt, pepper, cajun spice and lemon juice and then add the water to make a thick batter.

2 Dip the prawns in the batter and set aside for an hour.

3 Separate the kunafa sheets and keep aside.

4 Spear the toothpick through each prawn; wrap each one with a kunafa sheet until it is covered, then fry in hot oil, until golden brown.

5 Garnish with cherry tomatoes and serve with sweet chilli sauce. 

RAMADAN KAREEM

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As the month of Ramadan unfolds, each night is a new chapter in the tale of generosity in a uniquely intimate setting. Come together with friends and family to celebrate the season at Ewaan, in a traditional Souhour tent on the terrace that overlooks the Burj Lake and the poolside. It's where you savour wholesome fare and the spirit of giving at The Palace Downtown Dubai.

Iftar buffet AED 195 per person, sunset to 9 pm and Souhour minimum spend AED 150 per person, 10 pm to 2 am and until 3 am on weekends.

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THE PALACE

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Rules of healthy fasting

Fasting can take its toll on your diet and health, if not managed properly. Make sure you and your family have a safe and healthy Ramadan this year, by making note of these expert tips from nutritionists. By Nicola Monteath.

As anyone who's undergone a day-long fast before will tell you, it's all too easy to over-indulge and reach for any food in sight as soon as the fasting hours have come to an end. And a summer Ramadan poses an even greater challenge, with staying hydrated and proper nutrition intake becoming that much harder. While tucking into heavy, deep-fried, junk food might curb your hunger pangs for the moment, it could leave you feeling stuffed and lethargic, and also lead to more serious health problems, especially if said foods are loaded with carbohydrates and unhealthy fats. This Ramadan, follow the experts' advice for adopting a healthy eating regime to ensure you fast safely, avoid fasting-related health problems, and keep your energy levels balanced.

Stay hydrated | The sweltering heat can leave you feeling parched and dehydrated, so stay out of the sun, drink lots, and eat foods that keep you hydrated during the fasting hours. "It's important to stay hydrated as we sweat a lot during summer. Drinking less fluids makes urine concentrated, which, in time can lead to kidney stone formation, urinary tract infection and hard stools," says Deepa Almeida, nutritionist at Cedars-Jebel Ali International Hospital (www.cedars-jaih.com).

"Have one litre of water during Suhoor and around two and a half litres, post-Iftar to keep yourself hydrated. The minerals help curb cravings for sodium-rich savoury dishes, which lead to bloating," says nutritionist Rashi Chowdhary (rashichowdhary.com). To complement water intake, reach for homemade iced tea, fresh, natural fruit and vegetable juices, or herbal teas, which will cleanse and hydrate the body too, instead of fizzy drinks. "Drink herbal tea in the evening to cleanse the body from excess waste accumulated during the day, due to decreased urination. Teas such as chamomile, ginger and peppermint are great, as they not only hydrate but also keep the digestive tract healthy and boost the immune system," says Deepa.

Victoria Tipper, nutrition coach at Dubai Herbal and Treatment Centre (www.dubaihtc.com), >>

recommends rooibos tea during Ramadan, as it is caffeine-free, packed with antioxidants and also helps with digestion.

Apart from drinking liquids, make sure to consume hydrating fruits and vegetables with high water content too. Watermelons, strawberries, and apples are great options – combine all these fruits to make a fruit salad, a great alternative to sugary and calorific desserts. Include vegetables such as cabbage and carrots in your diet too, as they have a high water content (carrots are made up of 90 per cent water) as well as cucumbers, as they contain caffeic acid, which cools the skin while replenishing lost water in the body. Include these vegetables in salads, or

6 *Complex carbs are broken down and digested slowly, which is then either used for immediate energy or stored as an energy reserve to be utilised during fasting hours.* **9**

liquidise them to make nutritious soups.

Soups, whether consumed warm or chilled, are a great option for summer. However, make sure to choose fresh homemade soups instead of packet or canned soup. “The last thing you want is a sodium rich packet soup with a poor nutritional profile. The sodium content in packet or canned soups, along with thickening agents and chemicals, leads to water retention,” says Rashi. Some nutritious soup examples are chicken and rice soup, or fresh spinach and tomato soup, which are good for digestion. Cold cucumber and ginger soup instantly refreshes and cools down the body, while carrot, tomato and red pepper soup is packed with antioxidants and vitamins, and is also good for the skin and heart.

Boost energy levels | Fasting for a period of up to twelve hours can drain energy, and leave you feeling lethargic, so eat low Glycaemic Index (GI) foods, which slow-release energy during the fasting hours. Low GI foods include grains, seeds, barley, wheat, oats, semolina, beans, lentils and rice. During Iftar and Suhoor, meals should be balanced, and contain foods that have complex carbohydrates (which are usually low GI too), to reduce hunger pangs during the fast, and sustain energy levels. “When you eat complex carbs, they are broken down and digested slowly in units of glucose, which is then either used for immediate energy or stored as glycogen in the muscles and liver; an energy reserve which is utilised during the fasting hours of Ramadan,” says Victoria.

Include foods from each food group – fruits, vegetables, protein (meat, chicken and fish), and wholegrain bread, cereals and dairy products. When cooking food, always grill and bake instead of frying. Fried foods may be quick to prepare, but they are loaded with unhealthy fats and low in nutritional value.

Get the most out of your meals by splitting them into two sessions. For Iftar, break your fast with dates, a nutritious homemade soup and salad. Then include a variety of protein and fibre-rich foods such as falafel, hummous, cooked vegetables, grains and fruit. If you really must have a sweet treat, choose one that is baked, and go easy on the sugar syrup.

Control your sugar | Mindless eating and drinking of calorific foods can lead to a spike in sugar levels, and even stress diabetes (a short-term form of the condition which can occur during fasts), in some cases. This is not only caused by sugar-loaded drinks and desserts, but also from heavily-processed foods and refined carbohydrates found in fast food. Eating junk food in Ramadan is a major mistake as refined carbohydrates and trans fats don’t offer a sustainable source of energy for the fasting period. Instead, they cause a sudden increase in sugar levels which may lift your mood and make you feel full and energetic in the short term, but you will end up feeling more lethargic later on, as your blood sugar drops quickly.

It is important to stabilise and control sugar levels, as, if it drops, you could experience headaches, dizziness, anxiousness, hunger pangs and fatigue. Furthermore, if sugar levels rise, you could suffer from hunger, dehydration and blurred vision.

It is important to include foods that are low GI and are rich in fibre. “Dietary fibre is a type of complex carbohydrate, and men and women should consume 38g and 25g daily, respectively. The slower rate of digestion achieved by including dietary fibre, avoids spikes in blood sugar levels,” says Victoria. Increase fibre levels by keeping the skin on fruit and vegetable, and adding beans and lentils to soups and salads.

When breaking your fast, Rashi recommends having one or two coconut-coated dates, as coconut helps increase insulin production and prevents a sudden spike in sugar levels. Apart

from eating nutritious foods, you could also control sugar levels by including a few spices when cooking. “Cinnamon helps control blood sugar and reduces cholesterol levels. Sprinkle it on desserts, or over fruit salads and oats for Suhoor. Ginger also helps promote the production of insulin and helps clear blood sugar levels after meals, which is vital for diabetics,” says Deepa. Herbs such as cilantro also reduce bad cholesterol levels and maintain blood sugar levels. Eat them chopped as a garnish for any savoury dish, or in salads. **GF**

RAMADAN FOR KIDS

Fasting during Ramadan can be a big challenge for children, especially if it’s their first time fasting. To ensure they stay healthy and get optimum nutrition, follow these simple rules of thumb:

- 1** Avoid serving salty, greasy and oily foods to children.
- 2** Involve them in the planning process prior to meal times.
- 3** Make sure they are hydrated at all times and do not play in the sun.
- 4** Limit sweets during Suhoor – as sugar tends to make them thirsty during the day.





THE



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Home Cooking

Inspiring recipes for easy everyday meals and stylish weekend entertaining

Japanese noodles with sesame dressing, recipe p39



IN THIS SECTION



* Smart weeknight suppers, P34



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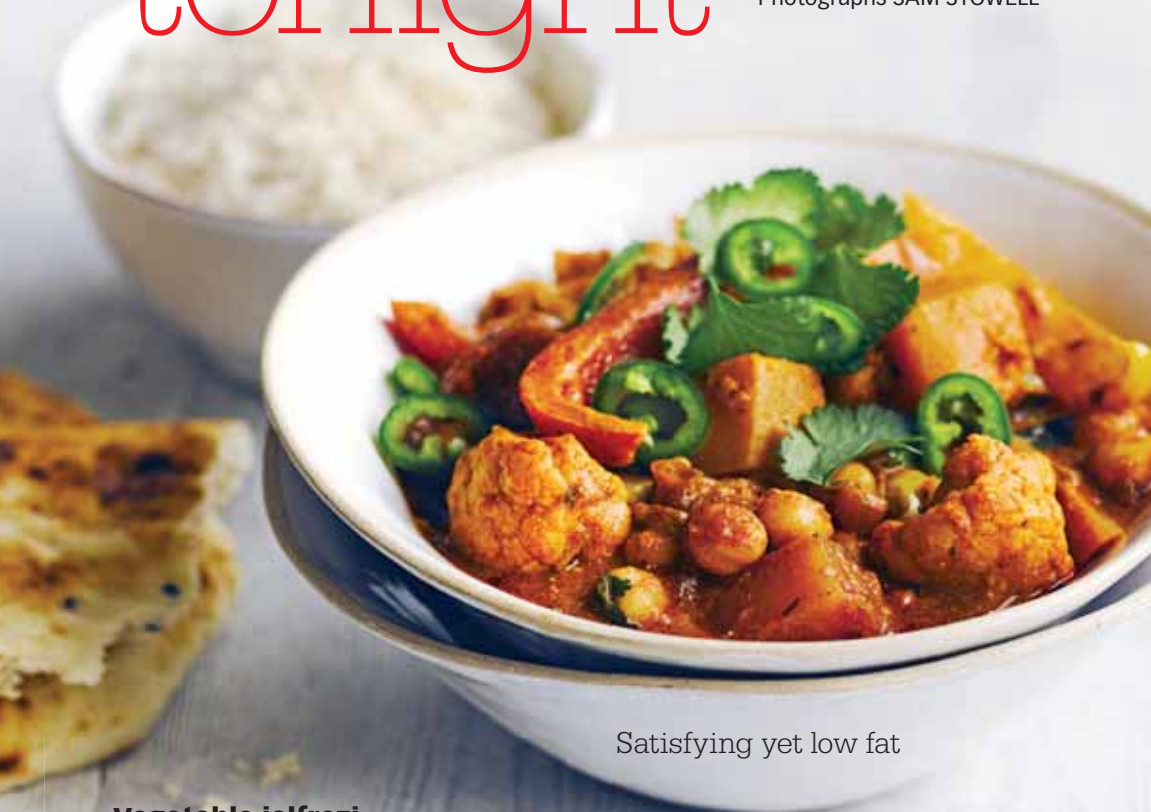
* Make the most of summer berries, P66

Make it tonight

Globally-inspired ideas to help you cook something new in the week.

Recipes LUCY NETHERTON

Photographs SAM STOWELL



Satisfying yet low fat

Vegetable jalfrezi

SERVES 4 • PREP 15 MINS • COOK 50

MINS **Easy** **V** **Low fat** **Low cal** **Fibre** **Vit C**

4 of 5-a-day

- 1 tbsp sunflower oil
- 2 red onions, thinly sliced
- ½ 350g jar jalfrezi paste
- ½ butternut squash, cut into chunks
- 1 small head cauliflower, broken into florets
- 1 vegetable stock cube
- Bunch of coriander, leaves picked and stalks finely chopped
- 500ml passata
- 1 red and 1 yellow pepper, sliced
- 400g can chickpeas, drained and rinsed
- 100g natural yoghurt
- 1 fresh green chilli, sliced
- Boiled rice and naan bread, to serve

1 Heat the oil in a large frying pan. Add the onions and cook over a low heat for about 8-10 mins until soft, stirring them often and adding a splash of water if they start to stick. Add the paste and mix well, then add the squash, cauliflower, stock cube, coriander stalks, passata and 500ml water. Simmer for 20 mins, adding some more water if it gets too thick.

2 Add the peppers and chickpeas, and cook for 15-20 mins more, until all the veg is tender. Stir in the yoghurt and most of the coriander leaves. Serve scattered with the rest of the coriander and the sliced chilli, with rice and naan bread on the side.

PER SERVING 303 kcs, protein 12g, carbs 42g, fat 9g, sat fat 2g, fibre 9g, sugar 23g, salt 1.7g



Mexican veggie hash

SERVES 2 • PREP 10 MINS • COOK 30

MINS **Easy** **V** **Folate** **Fibre** **Vit C** 2 of 5-a-day

- 280g new or waxy potatoes, cut into cubes
- 2 tbsp each butter and olive oil
- 1 red chilli, half sliced, half deseeded and finely chopped
- 1 garlic clove, chopped
- 1 tsp Cajun seasoning
- 198g can sweetcorn, drained and rinsed
- 200g black beans (from a can), drained and rinsed well
- 2 eggs
- 1 ripe avocado, chopped
- Lime wedges, soured cream and warm tortillas, to serve (optional)

1 Cook the potatoes in boiling salted water for 5 mins, then drain and let steam-dry. Heat half the butter and oil in the pan and fry the potatoes for about 10-15 mins until golden. Add the chopped chilli, garlic, Cajun seasoning, sweetcorn and black beans, and heat through for about 5 mins, then season.

2 Keep warm in a low oven while you fry the eggs in the rest of the butter and oil until cooked to your liking. Divide the potatoes between 2 bowls and top with an egg, some chopped avocado and the sliced chilli. Serve with lime wedges, soured cream and warm tortillas, if you like.

PER SERVING 671 kcs, protein 18g, carbs 47g, fat 46g, sat fat 14g, fibre 12g, sugar 4g, salt 0.5g

Curried chicken & mango salad

SERVES 2 ● PREP 20 MINS ● COOK 20

MINS **Easy** **Low cal** **Vit c** **2 of 5-a-day**

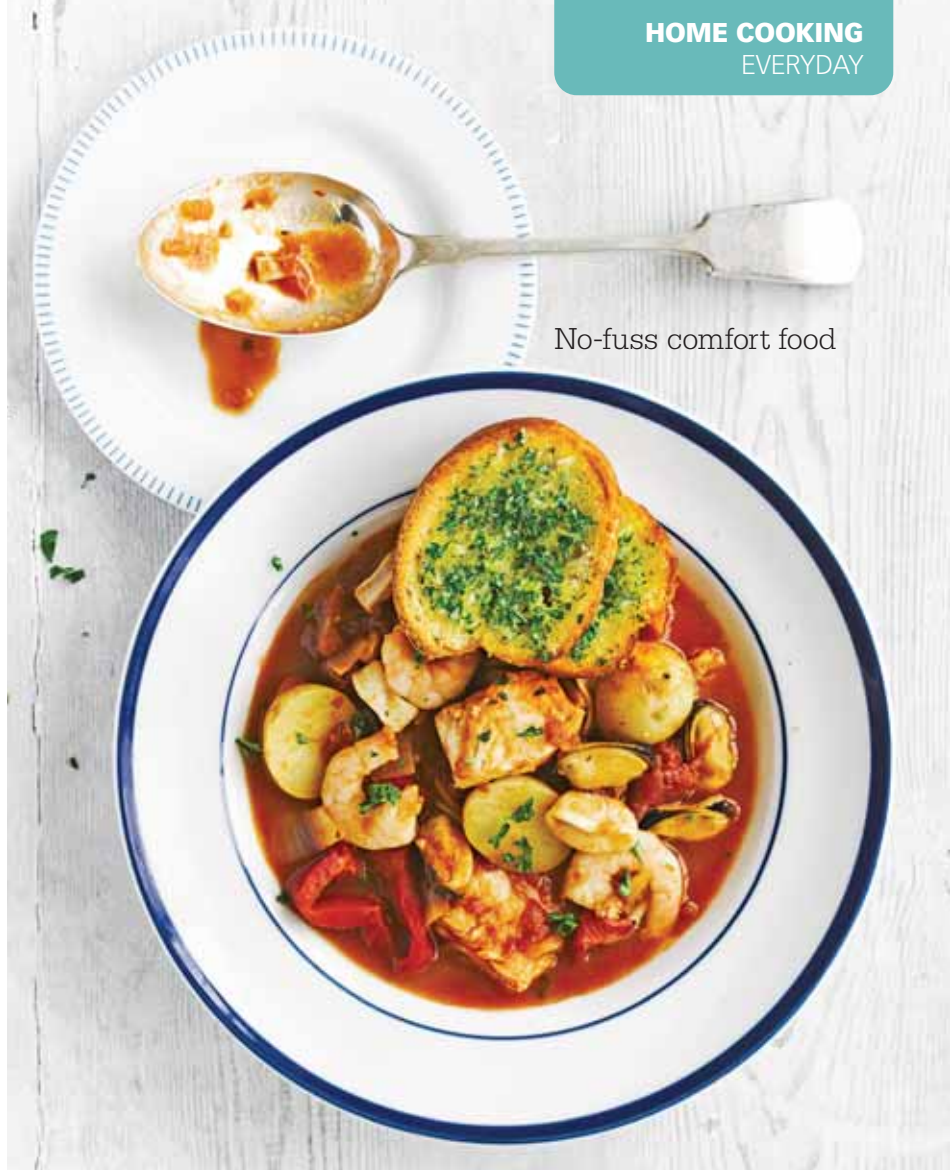
- 6 chicken mini fillets
- 1 tsp olive oil
- 2 tsp curry powder
- 4 tbsp Greek yoghurt
- 2 tbsp mango chutney
- Zest of ½ lime and 2 tsp juice
- 1 Little Gem lettuce, leaves separated
- 1 ripe mango, peeled and sliced
- ½ red onion, finely sliced
- 2 tsp toasted sesame seeds

1 Heat oven to 200C/180C fan. Toss the chicken in the oil and 1 tsp of the curry powder, season and mix well to coat. Put the chicken on a foil-lined baking tray and bake for 20 mins until cooked through. Leave to cool a little, then slice.

2 To make the dressing, in a bowl, combine the remaining curry powder with the yoghurt, chutney and lime zest and juice (add 1 tbsp water if the dressing is a little thick).

3 To serve, arrange the lettuce leaves on 2 plates. Top with the mango and cooked chicken, then drizzle with the dressing. Scatter with the red onion and sesame seeds before serving.

PER SERVING 453 kcs, protein 35g, carbs 43g, fat 15g, sat fat 7g, fibre 5g, sugar 41g, salt 0.9g



No-fuss comfort food

Quick fish stew

SERVES 4 ● PREP 10 MINS ●

COOK 30 MINS **Easy** **Folate** **Fibre** **Vit C**

Omega-3 **2 of 5-a-day**

- 3 tbsp garlic butter
- 1 onion, chopped
- 2 cans plum tomatoes, finely chopped
- 1 tbsp balsamic vinegar
- Pinch of chilli flakes
- 1 fish or vegetable stock cube
- 2 roasted red peppers, from a jar, sliced
- 300g potatoes, cut into chunks
- 2 tbsp finely chopped parsley
- 400g bag mixed seafood, defrosted if frozen
- 250g white fish or salmon, chopped into chunks
- 8 thin slices of baguette
- Green beans, to serve (optional)

1 Heat 1 tbsp of the garlic butter in a saucepan and gently cook the onion

for about 5 mins until soft. Tip in the chopped plum tomatoes and any juice from the can, the balsamic vinegar and chilli flakes. Crumble over the stock cube, add the peppers and potatoes. Season, then simmer for about 15 mins until the potatoes are just tender.

2 Meanwhile, heat a grill to medium, mix the rest of the garlic butter with 1 tsp of parsley and some seasoning. Toast the bread lightly on both sides, then spread one side of each slice with the butter and return to the grill until melted and golden. Keep warm.

3 Add the mixed seafood and fish to the sauce and heat through for about 5 mins until the seafood is hot and the fish is firm and cooked through. Scatter with remaining parsley and spoon into bowls. Top each with 2 slices of bread and serve with green beans, if you like.

PER SERVING 620 kcs, protein 42g, carbs 68g, fat 20g, sat fat 8g, fibre 7g, sugar 10g, salt 3.7g >>



Hoisin beef with crispy noodle cake

SERVES 2 ● PREP 10 MINS ● COOK 20 MINS **Easy** **Folate** **Iron** **1 of 5-a-day**

300g piece rump or sirloin steak
3 tbsp hoisin sauce
Small bunch of mint, leaves only
6 radishes, thinly sliced
FOR THE NOODLE CAKE
3 eggs, beaten
200g dried egg noodles, cooked
140g stir-fry vegetables (we used beansprouts, spring onions, peppers, cabbage and mushrooms)
1 tbsp each sweet chilli sauce and soy sauce
2 tbsp sunflower oil

1 In a shallow dish, coat the steak with the hoisin sauce and some black pepper. Leave to marinate while you make the noodle cake.

2 Mix all the ingredients (apart from the oil) for the noodle cake with some black pepper in a medium-sized bowl. Heat half the oil in a medium-sized, non-stick frying pan (or omelette pan). Tip in the eggy mixture and cook over a medium heat for about 3-4 mins until golden. Turn over – the easiest way is to put a flat plate on top of the frying pan – invert to release the cake, then slide back in. Cook for another 3-4 mins, then slide out and keep warm in a low oven while you cook the steak.

3 Give the pan a quick wipe and heat the rest of the oil. Cook the steak for about 2-3 mins each side (depending on the thickness of your steak) for medium-rare, or longer for well done. Rest for a couple of mins, then serve in slices, scattered with the mint and radish, with the noodle cake.

PER SERVING 649 kcals, protein 48g, carbs 28g, fat 37g, sat fat 11g, fibre 4g, sugar 12g, salt 3.4g



Indian chicken salad

SERVES 4 ● PREP 15 MINS ● COOK 10 MINS **Easy** **Low cal** **Folate** **1 of 5-a-day**

4 large skinless chicken breasts
1 heaped tbsp tandoori masala spice mix
Bunch of coriander, stalks chopped and leaves separated
Zest and juice of 1 lime
150ml coconut milk
2 heaped tbsp mango chutney
½ cucumber, peeled lengthways into ribbons
100g bag baby spinach leaves
1 small red onion, thinly sliced into rings
4 poppadums, broken into chunky pieces

1 Lay the chicken breasts in between a double layer of cling film and bash out using a rolling pin until about 1cm thick. Rub with the tandoori spice mix and some seasoning. With a griddle pan over a medium heat, cook the chicken for about 3-5 mins on each side until cooked through.

2 To make the dressing, mix together the coriander stalks, lime zest and juice, coconut milk and mango chutney until you have a pourable dressing – then season. Arrange the salad ingredients on a big platter. When the chicken is cooked, slice it and add to the salad. Then drizzle on some dressing, scatter with coriander and poppadum pieces and serve.

PER SERVING 338 kcals, protein 39g, carbs 13g, fat 14g, sat fat 7g, fibre 4g, sugar 6g, salt 0.9g **GF**

RAMADAN KAREEM

Every great chef
**needs to start
somewhere.**



DUKTIG
mini-kitchen
72x40cm
QR **495**



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A week of healthy suppers

Give your meals a fresh spin with these flavour-packed dishes – they're good for you, too! Recipes JENNIFER JOYCE
Photographs LIS PARSONS

Protein-packed
low fat meal

Spicy Cajun chicken quinoa

SERVES 4 • PREP 10 MINS •

COOK 25 MINS **Easy** **Low fat** **Superhealthy**

Iron 5 of 5-a-day

4 skinless chicken breasts, cut into bite-sized pieces

1 tbsp Cajun spice

100g quinoa

600ml hot chicken stock

100g dried apricots, sliced

250g pouch ready-to-use Puy lentils

1 tbsp olive oil

2 red onions, cut into thin wedges

1 bunch spring onions, chopped

small bunch coriander, chopped

1 Heat oven to 200C/180C fan. Toss the chicken with the Cajun spice and arrange in a single layer in a roasting tin. Bake for 20 mins until the chicken is cooked. Set aside.

2 Meanwhile, cook the quinoa in the chicken stock for 15 mins until tender, adding the apricots and lentils for the final 5 mins. Drain and place into a large bowl with the chicken, toss together.

3 While the quinoa is cooking, heat the oil in a large frying pan and soften the onions for 10-15 mins. Toss the onions into the quinoa with the coriander and some seasoning, then mix well.

PER SERVING 386 kcals, protein 47g, carbs 35g, fat 7g, sat fat 1g, fibre 5g, sugar 15g, salt 1g

HEALTH BENEFITS

Quinoa is particularly beneficial for vegetarians as it supplies good levels of protein per portion. It's gluten-free and also an excellent source of calcium, iron, fibre and B vitamins.

Make extra for
lunch the next day



Japanese noodles with sesame dressing

SERVES 2 • PREP 10 MINS • COOK 10

MINS **Easy** **Low cal** **Calcium** **Fibre** **Vit C**

Iron **2 of 5-a-day**

- 200g soba noodles
- 100g sugar snap peas, halved lengthways
- 1 red pepper, deseeded and thinly sliced
- ½ cucumber, sliced or peeled into ribbons
- 2 tsp sesame seeds, toasted
- FOR THE DRESSING**
- 2 tbsp tahini paste
- 2 tbsp soy sauce
- 2 tbsp rice vinegar
- 1 tbsp sugar

1 First make the dressing. Mix the tahini with 2 tbsp water, then stir in the soy sauce, rice vinegar and sugar. Set aside.
2 Cook the noodles following pack instructions, then drain and rinse well under cold water. Divide the noodles between 2 bowls and top with the sugar snaps, red pepper and cucumber. Just before serving, pour over the dressing and sprinkle with the toasted sesame seeds.

PER SERVING 474 kcals, protein 16g, carbs 55g, fat 21g, sat fat 3g, fibre 7g, sugar 24g, salt 2.9g



Food for sharing

Grilled salmon tacos with chipotle lime yogurt

SERVES 4 • PREP 15 MINS • COOK 10

MINS **Easy** **Low cal** **Heart healthy** **Folate** **Vit C**

1 of 5-a-day **Good for you**

- 1 tsp garlic salt
- 2 tbsp smoked paprika
- good pinch of sugar
- 500g salmon fillet
- 200ml fat-free yoghurt
- 1 tbsp chipotle paste or hot chilli sauce
- juice 1 lime
- TO SERVE**
- 8 small soft flour tortillas, warmed
- ¼ small green cabbage, finely shredded
- Small bunch of coriander, picked into sprigs
- Few pickled jalapeño chillies, sliced

Lime wedges, to serve
Hot chilli sauce, to serve (optional)

1 Rub the garlic salt, paprika, sugar and some seasoning into the flesh of the salmon fillet. Heat grill to high.
2 Mix the yoghurt, chipotle paste or hot sauce and lime juice together in a bowl with some seasoning, and set aside. Place the salmon on a baking tray lined with foil and grill, skin-side down, for 7-8 mins until cooked through. Remove from the grill and carefully peel off and discard the skin.
3 Flake the salmon into large chunks and serve with the warmed tortillas, chipotle yoghurt, shredded cabbage, coriander, jalapeños and lime wedges. Add a shake of hot sauce, if you like it spicy.

PER SERVING 297 kcals, protein 33g, carbs 8g, fat 15g, sat fat 3g, fibre 5g, sugar 7g, salt 1.5g >>



Grilled steak salad with horseradish dressing

SERVES 2 • PREP 10 MINS • COOK 5

MINS **Easy** **Low cal** **Vit C** **Iron** **2 of 5-a-day**

250g bavette or skirt steak
1 tsp celery seeds, crushed
1 tbsp Worcestershire sauce
Little olive oil, for brushing
6 celery sticks, thinly sliced, leaves reserved
200g mixed tomatoes, sliced or halved (beefsteak, plum, and red and yellow cherry are all good)

FOR THE DRESSING

1 tbsp Worcestershire sauce
1 tbsp olive oil
1 tsp horseradish sauce
1 tsp vinegar
1 tsp tomato purée

1 Rub the steak on both sides with the crushed celery seeds, some seasoning and the Worcestershire sauce. Brush with olive oil and leave to marinate while you prepare the salad.
2 Mix the dressing ingredients in a small bowl. Divide the celery and tomatoes between 2 plates. Heat a griddle pan over a high heat, then cook the meat for 2-3 mins on each side (depending on how thick your steaks are). Remove from the heat and leave to rest, covered with foil, for 5 mins.

3 Slice the steaks and place on top of the salads, pour the dressing over and scatter over the celery leaves.

PER SERVING 305 kcs, protein 30g, carbs 6g, fat 18g, sat fat 6g, fibre 3g, sugar 6g, salt 0.8g



Spice-crusted chicken with Asian slaw

SERVES 4 • PREP 15 MINS • COOK 8

MINS **Easy** **Low fat** **Low cal** **1 of 5-a-day**

4 skinless, boneless chicken breasts
2 tbsp sesame oil
1 tsp each chilli flakes, cumin seeds and Sichuan peppercorns
3 tbsp soft brown sugar
3 tbsp soy sauce
Juice of 1 lemon, plus lemon halves to serve
½ small white cabbage, finely shredded
1 red onion, sliced
1 red chilli, deseeded and chopped
Small handful of coriander sprigs, to serve

1 Slice most of the way through each chicken breast lengthways, and open out like a book. Cover with cling film

and gently beat with a rolling pin until flattened. Rub 2 tsp sesame oil all over the chicken.

2 Roughly crush the chilli flakes, cumin seeds and peppercorns using a pestle and mortar. Add some salt and sprinkle over both sides of the chicken. Chill until you are ready to cook.

3 In small bowl, mix the remaining sesame oil, sugar, soy sauce and lemon juice. Add the cabbage, onion and chilli to a large bowl, pour over half the dressing and mix well. Save remaining dressing to use as a dipping sauce for the chicken.

4 Heat grill to high. Place the chicken on a baking tray lined with foil, grill for 3-4 mins on each side until cooked through. Serve with the slaw, lemon halves, a scattering of coriander and dipping sauce.

PER SERVING 280 kcs, protein 33g, carbs 22g, fat 7g, sat fat 1g, fibre 3g, sugar 22g, salt 2.3g **GF**



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FLAVOURS OF LIFE

WHAT'S FOR LUNCH?



TOMATO & FETA PASTA SALAD

Ingredients

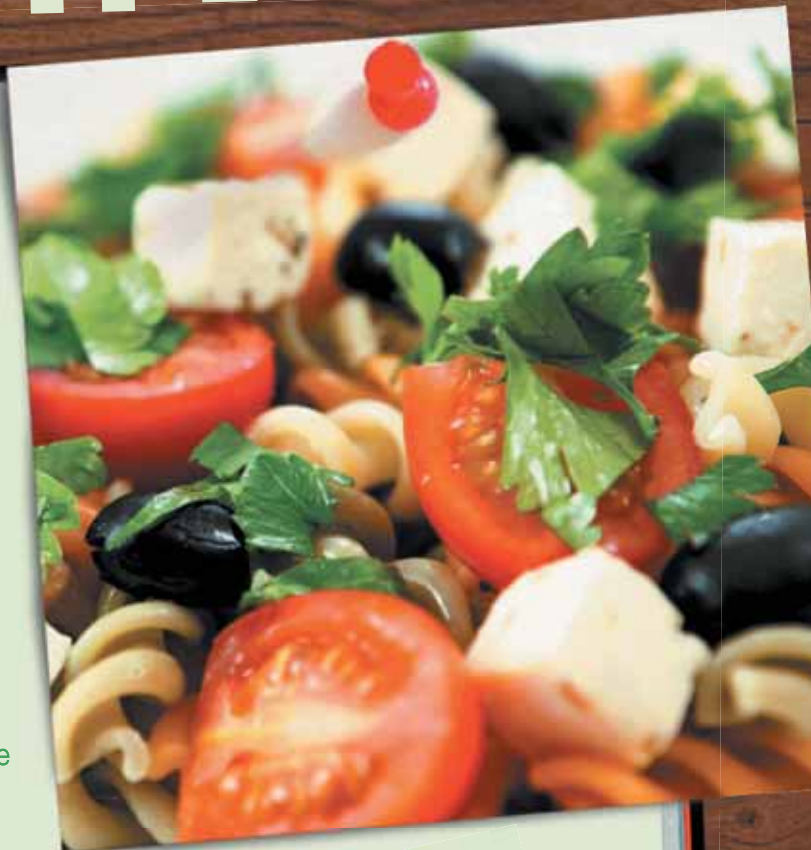
- 1/2 packet of Fusilli pasta
- Water, for boiling
- Pinch of salt
- 6 sundried tomatoes, diced
- 1 cup cherry tomatoes, halved
- 3/4 cup black olives
- 1 cup of feta cheese, crumbled

Dressing Ingredients

- 1 sachet of Knorr® Salad Seasoning Basil with Thyme
- 3 sundried tomatoes, chopped
- 6 tablespoons olive oil
- 3 tablespoons grape vinegar
- 1 garlic clove, diced
- 1 teaspoon capers
- 1 cup Parmesan cheese, grated
- 1 cup parsley, chopped

Preparation

- Cook the pasta in a pot of salted boiling water for 10 minutes. Drain.
- In a large bowl, mix the cooked pasta with the diced sundried tomatoes, cherry tomatoes, olives and feta cheese.
- Combine the dressing ingredients in a blender to form a smooth, consistent dressing.
- Pour over the pasta salad. Mix well. Serve cold.





CHICKEN A LA VINAIGRETTE

Ingredients

- 2 Knorr® Chicken Stock Cubes
- 3 tablespoons of olive oil
- 1 whole chicken, 1.5kg approx
- 3 tablespoons of olive oil
- 1/4 cup of apple cider vinegar
- Handful of basil
- Handful of parsley

Preparation

- In a small bowl, mix the Knorr Chicken Stock Cubes with the olive oil to form a paste.
- Season the whole chicken with the paste. Leave to marinade for 1 hour.
- Coat the bottom of your roasting pan with olive oil. Place the marinated chicken in the pan and roast in the oven for about 1 1/2 hours until the chicken is fully cooked.
- Place cooked chicken on a cutting board. Cut into 4 pieces.
- Place the roasting tray on top of the stove. Pour the apple cider vinegar and sprinkle the basil over the chicken juices. Heat for 5 minutes until the mixture slightly thickens.
- Place the chicken on a serving platter, pour the vinaigrette sauce and sprinkle fresh parsley. Serve immediately.



For more recipes



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رمضان كريم



Ramadan Kareem

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تناول إفطارك اليومي و امضي أمتع الأوقات مع العائلة و الأصدقاء خلال شهر رمضان المبارك في فندق راديسون بلو، دبي ميديا سيتي. مطعم شيف هاوس يرحب بكم خلال الشهر الفضيل مع أشهى الأطباق العربية التقليدية بنظام البوفيه ابتداءً من الغروب مقابل ١٠٩ درهم للشخص الواحد أو ١٢٩ درهم شاملة للعصائر الطازجة، القهوة و الشاي. تتوفر عروض خاصة عند الحجز للمجموعات.

Above prices are inclusive of 10% Service Charge and 10% Municipality Fees

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للحجز والاستعلام يرجى الإتصال على ٠٤ ٣٦٦٩١١١ ٠٤ ٩١١١ 04-366
أو البريد الإلكتروني : chefshouse.mediacity.dubai@radissonblu.com

Satisfying salads

The second part of our summer salad series.

Smoky chicken with warm corn & potato salad

SERVES 4 • PREP 8 MINS • COOK 12 MINS **Easy** **Low fat** **Vit C**

500g bag new potatoes
2 large corn cobs
½ red onion, thinly sliced
juice of 1 lime
2 tbsp olive oil
2 garlic cloves, crushed
½-1 tsp sweet smoked paprika
4 skinless chicken breasts, each halved across the middle to make 2 thin escalopes
Small bunch of coriander, leaves roughly chopped
Lime wedges, to serve (optional)

1 Bring to the boil a saucepan of water big enough to hold all the potatoes

and corn. Cook the potatoes for 12 mins, adding the corn after 6 mins, until both are tender. Drain well.

2 Meanwhile, mix the red onion with the lime juice and half the oil in a large salad bowl. Mix the remaining oil with the garlic, paprika and some seasoning in a shallow bowl, then toss in the chicken until thoroughly coated.

3 Heat a griddle pan, then griddle the chicken for 3 mins on each side until cooked through. Tip the potatoes into the bowl with the onions. Stand the corn cobs on one end on a chopping board, then slice down the lengths, cutting off the kernels in strips. Mix into the potato salad with the coriander and seasoning, then serve alongside the smoky griddled chicken, with lime wedges if you like.

PER SERVING 343 kcals, protein 38g, carbs 31g, fat 8g, sat fat 1g, fibre 2g, sugar 4g, salt 0.25g >>

Healthy,
hearty meal

TIP You can make this salad with a storecupboard staple – just swap the corn cobs for a 198g can sweetcorn.



Try something new

Soba noodle & edamame salad with grilled tofu

SERVES 4 • PREP 15 MINS • COOK 15

MINS **Easy** **V** **Low fat** **Low cal** **Calcium** **Folate**
Iron **5 of 5-a-day** **Good for you**

140g soba noodles
300g fresh or frozen podded edamame beans
4 spring onions, shredded
300g bag beansprouts
1 cucumber, peeled, halved lengthways, deseeded with a teaspoon and sliced
1 tsp sesame oil
250g block firm tofu, patted dry and thickly sliced
1 tsp vegetable oil
Handful of coriander leaves, to serve
FOR THE DRESSING
3 tbsp mirin
2 tsp tamari
2 tbsp orange juice
1 red chilli, deseeded and finely chopped

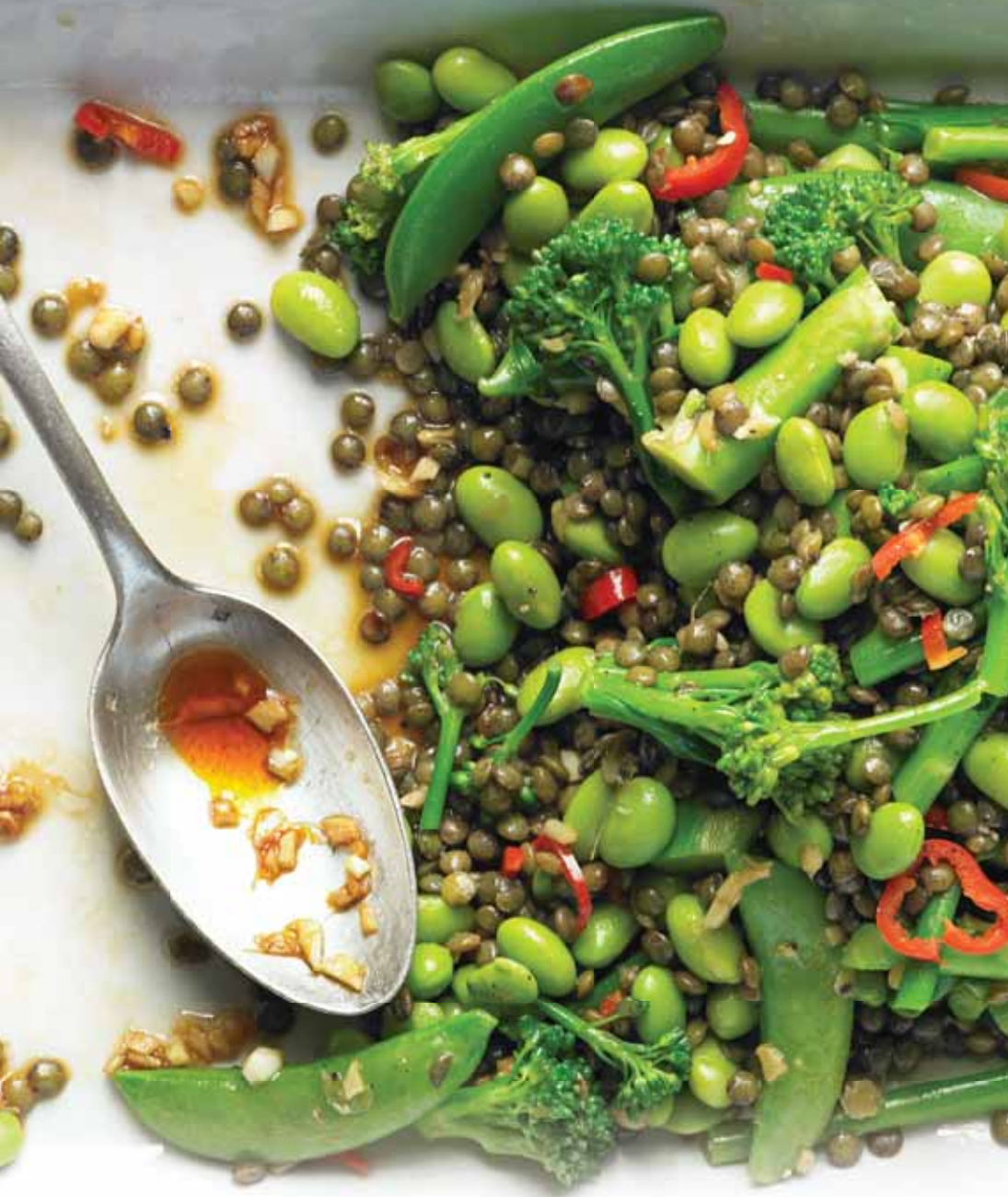
1 Heat the dressing ingredients in your smallest saucepan, simmer for 30 secs, then set aside.

2 Cook noodles following pack instructions, adding the edamame beans for the final 2 mins cooking time. Rinse under very cold water, drain thoroughly and tip into a large bowl with the spring onions, beansprouts, cucumber, sesame oil and dressing. Season if you like.

3 Brush the tofu with the veg oil, season and griddle or grill for 2-3 mins each side – the tofu is very delicate, so turn carefully. Top the salad with the tofu, scatter with coriander and serve.

PER SERVING 331 kJ, protein 21g, carbs 48g, fat 7g, sat fat 1g, fibre 5g, sugar 7g, salt 1.24g

SHOPPING TIP If you can't find edamame beans in your local supermarket, use frozen broad beans instead.



Puy lentil salad with soy beans, sugar snap peas & broccoli

SERVES 4 • PREP 10 MINS • COOK 15 MINS **Easy** **V** **Low fat** **Low cal** **Folate** **Vit C**
Fibre **Iron** **3 of 5-a-day**

200g Puy lentils
 1 litre hot vegetable stock
 200g thin-stemmed broccoli
 140g frozen soya beans, defrosted
 140g sugar snap peas
 1 red chilli, deseeded and sliced
FOR THE DRESSING
 2 tbsp sesame oil
 juice of 1 lemon
 1 garlic clove, chopped
 40ml reduced-salt soy sauce

3cm-piece ginger, finely grated
 1 tbsp clear honey

1 Boil the lentils in the stock for 15 mins or until just cooked. Drain, then tip into a large bowl. Bring a saucepan of salted water to the boil, throw in the broccoli for 1 min, then add the beans and sugar snaps for 1 min more. Drain, then cool under cold water. Pat dry, then add to the bowl with the lentils.
2 Mix together the dressing ingredients with some seasoning. Pour over the lentils and vegetables, then mix in well with the chilli. Pile onto a serving platter or divide between 4 plates and serve.
 PER SERVING 302 kcs, protein 22g, carbs 42g, fat 7g, sat fat 1g, fibre 8g, sugar 9g, salt 1.41g **GF**



Perfect for summer

A nutritious, light seasonal meal.

Avocado salad

SERVES 2 EASILY DOUBLED •
 PREP 10-15 MINS • NO COOK
Easy **V** **Superhealthy** **Vit C** **2 of 5-a-day**

4 cos lettuce leaves, chopped
 6 cherry tomatoes, halved
 2 radishes, finely sliced
 2 spring onions, finely sliced
 50g cucumber, cut into small cubes
 25g flat-leaf parsley leaves, chopped
 25g mint leaves, coarsely chopped
 1 avocado, chopped into chunky pieces
 ½ tbsp sumac
FOR THE DRESSING
 ½ garlic clove, crushed
 1 tbsp lemon juice
 2 tbsp olive oil

1 For the dressing, mix the crushed garlic with a pinch of salt, the lemon juice and olive oil. Set aside until ready to serve.
2 Combine the salad ingredients in a bowl, season and toss with the dressing just before serving.



MAKE THIS WITH

Pistachio oil is a tasty alternative to olive oil for this salad dressing, as it complements avocado beautifully. The artisanal La Tourangelle pistachio oil is available at select markets and supermarkets.

5 ways with baked beans

Cheap and satisfying meals
using a storecupboard staple.
Recipes MYLES WILLIAMSON
Photograph SAM STOWELL

Mexican bean chilli

SERVES 4 ● PREP 5 MINS ● COOK 45 MINS

Easy  Folate Fibre Vit C 2 of 5-a-day


Fry **1 diced onion** and **1 diced red pepper** in **1 tbsp olive oil** over a medium heat for 10-15 mins or until softened. Increase the heat, add **1 tsp chilli powder** and cook for a few mins before adding **500g beef mince**. Cook until browned and all the liquid has evaporated.

Tip in a **415g can baked beans**, **150ml beef stock** and **1 tbsp chipotle paste**. Simmer over a low heat for 15-20 mins. Season, scatter with **coriander leaves**, serve with **rice** and **yoghurt**.

PER SERVING 419 kcals, protein 31g, carbs 20g, fat 24g, sat fat 9g, fibre 7g, sugar 10g, salt 1.9g

Sausage & bean casserole

SERVES 4 ● PREP 10 MINS ● COOK 55 MINS

Easy  Fibre 2 of 5-a-day

Heat **2 tsp olive oil** in a flameproof casserole dish. Brown **6 good-quality beef sausages** for 10-12 mins, then add **1 diced red onion**, **2 chopped carrots** and **2 diced celery sticks** and cook until softened.

Stir in **1 tbsp chopped sage**, a few sprigs of **rosemary**, a **415g can baked beans** and **200ml chicken stock**. Simmer for 30-35 mins or until the sausages are cooked and the sauce is reduced. Season and serve with **mashed potato**.

PER SERVING 392 kcals, protein 17g, carbs 29g, fat 23g, sat fat 8g, fibre 7g, sugar 13g, salt 3.4g

rashers of turkey bacon and **4 sliced beef sausages** in **1 tsp oil** for 5 mins or until crisp. Leave to cool.

Divide the meat mixture between the pastry circles. Spoon **3 tbsp baked beans** in the centre of each, brush the pastry edges with **beaten egg** and fold over to cover the filling. Seal the edges, pressing with a fork. Brush the top with more **beaten egg**, then bake for 25-30 mins or until golden.

PER SERVING 758 kcals, protein 19g, carbs 58g, fat 49g, sat fat 16g, fibre 4g, sugar 2g, salt 3.0g

Boston baked beans

SERVES 2 ● PREP 5 MINS ● COOK 20 MINS


Easy  Folate Fibre 2 of 5-a-day

Heat **2 tsp oil** in a pan and fry **200g smoked beef bacon** for 5 mins until crisp. Add **1 sliced onion** and **1 crushed garlic clove**, and cook gently until soft.

Stir in **1 tbsp English mustard powder**, **2 tbsp maple syrup**, **1 tbsp vinegar** and a **415g can baked beans**. Cook for 5 mins until hot. Season and serve with **grilled meat** or **baked potatoes**.

PER SERVING 542 kcals, protein 31g, carbs 46g, fat 25g, sat fat 8g, fibre 12g, sugar 24g, salt 5.7g

Baked bean pasties

SERVES 4 ● PREP 25 MINS ● COOK 35 MINS  UNBAKED

Heat oven 200C/180C fan. Roll **500g shortcrust pastry** to a large square. Cut 4 circles from the pastry using a small plate (about 20cm). Fry **4 sliced**

HEALTH TIP

You can cut the amount of sugar and salt in each recipe by about 30 per cent by swapping regular baked beans for a reduced sugar and salt variety.


Spiced beans on toast

SERVES 2 ● PREP 5 MINS ● COOK 25 MINS

Easy  V Low cal Folate Fibre Vit C Iron 2 of 5-a-day

Gently fry **1 finely sliced onion** in **2 tsp oil** for 15 mins or until softened. Add **1 tsp ground cumin**, **1 tsp ground coriander** and **1 deseeded chopped red chilli**, and cook for a few mins more.

Turn up the heat and add a **415g can baked beans**. Cook rapidly for 5-10 mins, crushing with a fork until thick and creamy. Serve on **thick slices of toast with ½ diced avocado**, some sliced **spring onions** and **chilli**.

PER SERVING 372 kcals, protein 15g, carbs 48g, fat 14g, sat fat 3g, fibre 14g, sugar 17g, salt 3.3g 

Mexican
bean chilli

LAMB AND DATE TAGINE WITH BUTTERY COUSCOUS

75g Lurpak unsalted butter
1 kg boneless leg shoulder lamb
½ cup plain flour
Salt and freshly ground black pepper
1 tablespoon olive oil
2 cloves garlic, crushed
1 large brown onion, finely chopped
2 teaspoons cinnamon
2 teaspoons turmeric
1 teaspoon ground ginger
250g seedless dates
1 tablespoon date dibs
1 cup cooked chickpeas
1 cup mutton or chicken stock
3 tablespoons blanched almond
1 tablespoons chopped parsley

Buttery Couscous:

25g Lurpak unsalted butter
chopped into small cubes
350g couscous, rinsed and drained
½ teaspoon sea salt
400ml warm water
1 tablespoon olive oil

1. Pre heat oven to 200°C. Trim the meat and cut into bite size pieces. Put the flour in a dish, season with salt and pepper, and toss through the lamb, shaking off the excess flour
2. Heat the oil in a tagine or casserole and brown the lamb on all sides. Remove and set aside. Melt 50g of butter in the tagine or casserole dish, stir in the garlic and onion, and cook until golden brown. Add the spices and meat and stir well until combined. Stir in the dates, dibs, chickpeas and stock. Cover and place in the oven for 30 minutes. If there is a lot of liquid, cook uncovered for a further 5-10 minutes to allow the liquid to evaporate
3. Heat the extra 25g of butter in a small pan. Stir in the almonds and cook until golden brown. Scatter the nuts over the lamb dish and garnish with parsley. Serve with a salad and buttery couscous

Buttery Couscous: Combine the couscous, salt and water in an ovenproof dish and leave to sit for 10 minutes. Using your fingers, rub the oil through the couscous to separate the grains. Scatter over the cubes of butter, cover with foil and place in the oven for 10-12 minutes, until hot

RAMADAN KAREEM

LOVE FOOD WITH LURPAK





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For more information, contact us at 04-4350000, fb.media@rotana.com

**All food and beverage prices are in AED inclusive of 10% Service Charge and 10% Municipality Fees.*

**Room rates are in AED subject to 10% Service Charge and 10% Municipality Fees.*

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Kitchen notes

Nutrition advice,
expert cooking tips
and product picks
for your pantry.



A sweet caffeine boost

Nespresso's three most popular limited-edition flavours are now part of the permanent Nespresso Grand Cru range. The delightful Vanilio: velvety aromas of vanilla and mellow flavours; Ciocattino: dark and bitter chocolate notes with caramelised roasted flavours; and Caramelito: sweet flavour of caramel with roasted notes and creaminess of sweet toffee, can be used in a variety of creative ways as a dessert ingredient – think affogato and tiramisu! To try a selection of cold and hot beverages with these flavours, visit nespresso.com/variations.

Reader tip of the month



When boiling eggs, use four or five day-old eggs instead of fresh ones, so that you can shell them more easily.

- Jane Carol



Got a great tip you want to share?
Get in touch with us on facebook or twitter



SMART FOOD SWAPS

Health update>

Eat more: Bitter gourd

They may not be the most popular vegetable choice, but are packed with nutrients. A recent study conducted by the University of Colorado Cancer Center reveals that the juice from bitter gourd, also known as bitter melon, restricts pancreatic cancer cells from metabolising glucose, by cutting the cells' energy source and killing them. Eat in an Indian curry form, or to make it more digestible, drink its juice mixed with apple and celery.

Look what we found!

3 great new products for your kitchen



This Tasty honey with walnut pieces from Sarah's Wonderful Honey adds a sweet, healthy and crunchy touch to breakfast waffles. Dhs26 at Spinney's and Carrefour.

The Pickled Village Earth and Fire beetroot chutney is great as a sandwich spread, or as a snack, simply topped with a pear slice over crackers. Dhs34 at Easifood.com



Give Friday breakfast a gourmet twist with this St. Jeans Candied pink smoked salmon, which will taste delicious with eggs florentine. Dhs187 at Galleries Lafayette deli.



Cooking with quinoa

This nutritious, versatile grain is not only delicious in salads or as an alternative to starchy sides like rice, but is quite easy to cook with too. But it can also go easily wrong if overcooked or not washed well. Follow these simple steps to make the perfect quinoa:

- Wash the quinoa under cold water in a fine mesh strainer.
- Gently rub together to ensure that any saponins (natural insecticides that are formed to protect the seeds, which can give a bitter taste) have been removed. Wash again to remove residue.
- In a pot, combine 1 cup of quinoa with 1½ cups filtered water, add a pinch of sea salt and bring to a boil. Reduce to low heat, cover with a lid and let it simmer for 10-15 minutes or until all the water has been absorbed.
- Once the quinoa has become translucent, let it sit for 5 minutes and then fluff with a fork before serving.

Ocean's four!

Four restaurant-style seafood recipes that are deceptively easy to recreate, from Kevin Fleming, chef de cuisine at Turquoiz, The St. Regis Saadiyat Island Resort, Abu Dhabi.

Photographs ANAS CHERUR



Irishman Kevin started his culinary career at the luxurious Kildare Hotel and Country Club in Ireland, but

credits his passion for cooking to Stephen McAllister, owner of Michelin Bib Gourmand restaurant in Dublin, Pig's Ear, where he worked in 2010. Having worked in Doha previously, Kevin moved to the UAE last year, and opened Turquoiz restaurant to serve food that best defines his philosophy – simple, rustic-style dishes where the ingredients shine through.

Smoked haddock omelette

SERVES 4 ● PREP TIME 10 MINS

● COOK TIME 8-10 MINS

320g smoked haddock

600ml milk

4 tbsp oil

12 eggs

8 tbsp hollandaise sauce

8 tbsp béchamel sauce

40g Parmesan

3 fennel bulbs, thinly sliced

Handful of baby spinach, picked and washed

8 tbsp vinaigrette dressing

Salt and pepper to taste

1 Slowly poach the haddock in milk till the fish becomes very soft. Remove and flake when cool enough to handle. (The milk can be used to make your béchamel sauce.) Mix the flaked haddock and béchamel sauce together.

2 Heat a small frying pan to a medium heat and add the oil. Crack and whisk your eggs and add salt and pepper at the end.

3 Cook the omelette to your desired consistency. Spoon the haddock mix over the top of the cooked omelette and then the hollandaise sauce on top of that. Sprinkle with grated parmesan cheese and place under a hot oven until a golden brown colour is achieved.

4 Toss the fennel and spinach salad together in the vinaigrette dressing. Serve omelette with the salad on the side.

Veal & crab

SERVES 4 • PREP TIME 15 MINS

• COOK TIME 10-12 MINS

4 large potatoes

2 large white onions cut into rings (3 rings per portion)

Flour, for dusting

220g veal chop

Oil/butter, for cooking

80g crab meat

10g garlic

200 ml veal jus (see Knowhow for recipe, can be swapped for reduced beef stock)

4-8 tbsp hollandaise sauce

Salt and pepper to taste

FOR THE BATTER

250g tempura flour

200ml sparkling water

1 Chunkily cut the potatoes lengthwise and wash. Deep fry until they become soft through.

2 For the veal chop, season it with fresh ground pepper and salt. Pre-heat the oven to 180C. Sear the veal chop in a very hot pan on both sides. Then cook in the oven to your liking, (around 7-8 mins for medium) and let it rest for a while.

3 Mix the batter ingredients. Flour the sliced onions, dip in batter. Deep fry

until they turn golden brown.

4 Place the veal chop back in the oven to re-heat. Heat the crab meat in a little butter and garlic and spoon over the already warmed veal. Then add the hollandaise and glaze under a very hot grill till the crust is brown.

5 Arrange the glazed veal chop on the plate with side of chunky chips and crispy onions. Spoon around the veal jus. >>

KNOWHOW To make your own veal jus, roast some veal bone in the oven with diced carrot, celery, leek and onion until they turn golden brown. Add some sprigs of thyme, rosemary and some garlic in a stock pot. When the bones are ready, add to the pot, add cold water and simmer for few hours. Then pass through a sieve and reduce until it reaches a jus consistency.



Skate wing

SERVES 4 ● PREP TIME 15 MINS

● COOK TIME 10-15 MINS

800g skate wing (can be swapped for seabream)

200g parsley, chopped

400g potato

100g capers

Juice of 2 lemons

100g samphire (can be swapped with baby asparagus)

320g butter, plus extra for mash

4 eggs, soft poached

Flour, for dusting

40ml olive oil 40ml melted butter

Salt and pepper, to taste

1 Peel and dice the potatoes, boil and make a mash. Blanch the parsley and blend to purée in a blender. Mix the parsley purée with the potatoes.

2 Dust the fish with flour and place in a pan with olive oil on medium heat. When it has turned a golden brown colour (around 2-3 mins), turn over. Leave it for one more minute and then add butter, and baste with the foaming butter.

Remove after 2-3 minutes on both sides.

3 Add capers and samphire to the pan, and deglaze with lemon juice.

4 Place the fish on plate, with the mash topped with poached egg on the side.

Spoon the pan juices, caper and samphire over the fish and serve.



Ceviche

SERVES 4 ● PREP TIME 15-20 MINS

● NO COOK

4 fillets of red bream, skin removed, and diced

Zest and juice of 2 limes

4 tbsp cucumber, diced

4 tbsp watermelon

4 tbsp spring onion

2 tbsp red chilli

10 coriander leaves

6 segments of blood orange segments

Salt, to taste

1 Mix all the ingredients together.

Serve with crisp bread crackers. [BF](#)

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Strawberry surprise

'Outside the punnet' ways to serve your favourite berries.

Recipes JANE HORNBY

Photographs PHILIP WEBB

Strawberry & rose sorbet

SERVES 6 (MAKES ABOUT 1.5 LITRES/2¾ PINTS) • PREP 10 MINS PLUS 1-2 HRS FREEZING • COOK 5 MINS

Easy ❄️ Low fat Vit C 1 of 5-a-day

Subtlety is the name of the game when using flower extracts in your cooking – think Turkish delight rather than potpourri. Just enough rose water added to this ruby-red sorbet leaves a delicate fragrance that enhances rather than smothers the fruit.

300g caster sugar
900g ripe strawberries, hulled

Juice of 1 lemon
2 tbsp rose water
Handful of pink rose petals, to serve (optional)

1 In a medium pan, combine the sugar with 300ml water. Let the sugar dissolve, then bring to the boil for 1 min. Put the strawberries in a blender or food processor and pulse until smooth. Trickle in the sugar syrup, blend again, then add the lemon juice and rose water.
2 Pour the strawberry mixture into a large freezer-proof container (an old ice cream tub is perfect), then freeze until almost solid, mashing in the ice crystals every 1-2 hrs until the sorbet is thick and smooth. Wrap well and freeze until solid. Allow to soften for 15 mins before scooping. Best eaten within a month.

PER SERVING 238 kcals, protein 1g, carbs 58g, fat none, sat fat none, fibre 2g, sugar 58g, salt none

SHORT OF TIME? If you have other things to do, let the sorbet freeze for eight hours, or overnight, until solid. The next day, leave at room temperature for 15 minutes, then chop into chunks, return to the food processor and blend until smooth and creamy. Spoon the sorbet back into the container and re-freeze.

Patchwork strawberry & gooseberry pie

CUTS INTO 10 SLICES ● PREP 40 MINS

PLUS CHILLING ● COOK 1 HR **A little effort**

 **Vit C** 1 of 5-a-day

Tart cooking gooseberries and jammy strawberries make an unlikely but loving couple. This pie tastes best served with the almost fluoro-pink and very fruity syrup that is drained off the berries at Step 2.

FOR THE PASTRY

1 large egg, at room temperature, separated

225g unsalted butter, soft but not greasy

1 tsp vanilla extract

50g caster sugar

½ tsp salt

350g plain flour, plus extra for dusting

Extra-thick cold cream, to serve

FOR THE FILLING

500g ripe strawberries, halved, or quartered if large

500g gooseberries, washed, topped and tailed

100g golden caster sugar, plus extra 1 tbsp

1 tsp ground cinnamon

2 tbsp semolina or ground almonds

1 Put the egg yolk, butter, vanilla, sugar and salt in a food processor, and pulse until creamy and soft. Add the flour and pulse until the mixture comes together in clumps – don't overwork it. Tip onto a lightly floured surface and squish the dough together. Split into 2 pieces, one slightly larger than the other, then shape into smooth discs. Wrap in cling film and chill for 30 mins.

2 Meanwhile, make the filling. Put the berries and sugar in a wide pan and cook for 5 mins until syrupy and the gooseberries are soft but not bursting. Drain in a colander over a bowl and leave to cool. Mix together the cinnamon and extra sugar, and set aside.

3 Heat oven to 200C/180C fan. Line a 23cm fluted tart tin with the larger piece of pastry (see above right). Prick the base several times with a fork, chill until firm, then line with foil and fill with baking beans. Bake on a baking sheet for 15 mins.



Crowd-pleasing pudding

Remove the foil and beans, and bake for a further 10 mins or until the bottom of the pastry is golden and feels sandy. Roll the second pastry disc to roughly the size of the tart and cut into 5cm squares.

4 Scatter the semolina or almonds over the pastry base (this will help to prevent a soggy bottom). Top with the fruit and drizzle with 2 tbsp of the syrup. Space the pastry squares over

the tart, brush with egg white, then scatter the pie with most of the reserved cinnamon sugar. Wrap only the edge of the pie with a collar of foil to protect it from overcooking, then bake for 30 mins until golden and crisp. Scatter with more spiced sugar and serve warm with thick cream and the fruity syrup in a jug for pouring.

PER SLICE 400 kcals, protein 5g, carbs 51g, fat 20g, sat fat 12g, fibre 4g, sugar 25g, salt 0.3g >>

HOW TO LINE YOUR TIN

As this pastry is quite short, it's easier to roll out between 2 sheets of baking parchment. Roll out to 3mm thick, remove the top sheet of paper, flip the pastry over your rolling pin and use it to help lift the pastry over the tin. Gently push the pastry into the ridges of the tin using a small ball of pastry to help. Roll the pin over the top of the tin to remove the excess pastry, then gently squeeze the pastry up against the tin so that it stands just under the top. Fill any gaps in the pastry with some of the excess. When the pastry shrinks in the oven, it will still be the right depth for your tart.

Strawberry & poppy seed cake

CAKE BASES ONLY CUTS INTO 10-12 SLICES ● PREP 35 MINS ● COOK 25 MINS **A little effort** ❄️ **Vit C**

The sponge is very light, and the yoghurt and crème fraîche filling holds the whole thing together without being too rich.

4 tbsp poppy seeds

200g unsalted butter, melted, plus a little extra for greasing

225g plain flour

1 tsp baking powder

4 large eggs, at room temperature

225g golden caster sugar

1 tsp vanilla extract

FOR THE SYRUP AND FILLING

Zest and juice of 1 large orange

100g golden caster sugar

170g pot full-fat Greek yoghurt

500ml full-fat crème fraîche

350g strawberries, sliced, plus extra to serve (optional)

1 Dry-fry the poppy seeds in a pan over a gentle heat for 2 mins or until aromatic. Let cool. Heat oven to 180C/160C fan. Grease and line 2 x 20cm sandwich tins.

2 Mix together the flour and baking powder, then set aside. Put the eggs and sugar in a large mixing bowl. Using electric beaters, whisk until thick, pale and foamy. Pour in the cooled butter and vanilla extract, and briefly whisk again. Sift in the flour mix, add 3 tbsp poppy seeds then, using a large metal spoon, carefully fold into the cake mixture until even. Pour the mixture into the tins and bake for 25 mins or until golden and springy to the touch. Cool in the tins for 10 mins, then transfer to a wire rack.

3 To make the syrup, warm the orange juice and 50g of the sugar in the

microwave for 30 secs. Using a large serrated knife, cut each cake in half horizontally to make a total of 4 circles. Brush the cut side and edges of each circle with plenty of the warm orange syrup.

4 To make the filling, beat together the yoghurt, crème fraîche, remaining sugar and orange zest until thick and spreadable. Stack the cakes with the creamy filling and strawberries, finishing with a creamy layer on top. Sprinkle the remaining poppy seeds over the top, then let the cake sit for 30 mins before slicing.

PER SLICE (12) 503 kcals, protein 7g, carbs 44g, fat 35g, sat fat 22g, fibre 1g, sugar 31g, salt 0.2g >>

GETTING AHEAD

The cake bases can be wrapped and frozen for up to a month, then defrosted and sliced. The cream filling and syrup can be made up to a day ahead.



Strawberry brunch bruschettas

SERVES 2 FOR BREAKFAST OR BRUNCH • PREP 5 MINS • COOK 5 MINS **Easy** **Vit C** **1 of 5-a-day**

With a drizzle of lightly salted almond sauce, some creamy ricotta and good-quality bread, these strawberries deserve a spot on your weekend menu. Try with peaches, plums and figs as the summer progresses.

2 slices good-quality fruit & nut bread
50g unsalted butter
200g ripe strawberries, halved
4 tbsp clear honey
¼ tsp vanilla bean paste
(or use extract)
3 tbsp toasted flaked almonds
Pinch of sea salt flakes
4 tbsp ricotta (or more, if you like)

1 Toast the bread in the toaster or on a griddle pan for a stripy effect. Melt one-quarter of the butter in a frying

pan. When it foams, add the strawberries, cut-side down, and fry over a high heat for 2 mins or until starting to caramelise. Add the remaining butter, the honey and vanilla, and swirl to make a sticky sauce. Stir in the almonds and salt.

2 Dollop or spread the ricotta onto the hot toast, then spoon over the hot berries and honey-nut butter. Serve straight away.

PER SERVING 577 kcals, protein 11g, carbs 49g, fat 38g, sat fat 17g, fibre 2g, sugar 40g, salt 0.6g



🍷 *These recipes include familiar pairings – cream, vanilla, almonds, citrus, even pepper – but with a bit of inventiveness. As with all soft summer fruit, keep your strawberries (and any sauces or salads) in the fridge, but enjoy them at room temperature. 🍷 - Jane Hornby*

Sunbulah



السنبلة

Sunbulah Pastry... What a Delight!



لفائف التشيز كيك بالتمر

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٢	م. طعام، سكر بودرة	٢٠٠	جم، جينة كريمية
	زيت للقلي	١٨٤	كوب عسل الشفاء

الطريقة

- اخططي كلاً من جينة الكريمة، العسل والتمر المقطع في وعاء صغير ثم، ضعي مقدار ١ م. طعام، من الحشوة في ركن كل شريحة سبرينغ رولز ولقيها جيداً حتى النهاية، ثم ضعي القليل من خليط الدقيق والماء لتلصقي الطرف باللفافة.
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Date Cheese Cake Rolls

(Serves 6)

Ingredients

1	Sunbulah small spring roll pack	1/4	cup chopped dates
200	grm creamy cheese	1	tbps flour, mixed with 2 tbps water
1/4	cup AlShifa honey	2	tbps icing sugar
			Some frying oil

Method

- Combine the creamy cheese, honey, and dates. Get a spoonful of the mixture and place in the edge of the spring roll. Fold the edges towards the center and neatly but firmly roll up the spring roll. Brush the top end of your wrapper with a little bit of water and flour to seal the spring roll.
- Deep fry the spring rolls in moderately hot oil until golden brown. Sprinkle with icing sugar and serve.

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Strawberries with lime & long pepper syrup

SERVES 4 EASILY DOUBLED • PREP 10 MINS PLUS COOLING • COOK 5 MINS

Easy 1 of 5-a-day

You may have tried strawberries with balsamic and pepper, so here's a new twist. Looking rather like a small black catkin, long peppercorns have a fiery heat backed up with substantial citrusy and sweet mixed spice notes.

2 limes

100g golden caster sugar

5 medium-sized 'long' peppercorns, one crushed and rest left whole (or use 2 tsp crushed black peppercorns)

450g ripe strawberries, hulled and halved, or quartered if large

Vanilla or coconut ice cream, to serve

1 Using a vegetable peeler, pare the zest from 1 lime in long strips. Shave away any white pith from the back of the zest (this can make it bitter), then put the zest in a medium pan. Squeeze both of the limes and add the juice to the pan with 3 tbsp water, the sugar and the crushed and whole peppercorns. Heat gently until the sugar dissolves, boil, then take off the heat.

2 Spread out the strawberries in a serving dish, then pour over the hot syrup and allow to cool. As this happens, the syrup will become rosy pink. Serve at room temperature with scoops of ice cream.

PER SERVING 130 kcals, protein 1g, carbs 31g, fat none, sat fat none, fibre 2g, sugar 31g, salt none

Strawberry & tarragon panna cotta

SERVES 6 • PREP 15 MINS PLUS STEEPING AND AT LEAST 6 HRS CHILLING • COOK 10 MINS

Easy

The sprigs of tarragon in the picture are a dead giveaway, but if you want to challenge your dinner guests' taste buds, serve your panna cottas unadorned and keep them guessing.

450ml double cream

400ml milk (semi-skimmed or whole)

20g pack tarragon

4 sheets leaf gelatine

Vegetable or sunflower oil, for greasing (optional)

100g golden caster sugar

450g strawberries, roughly chopped

25g icing sugar, plus a little extra to taste (optional)

1 Put the cream, milk and 4 good tarragon sprigs in a medium pan and slowly bring to the boil, about 10 mins. Set aside to cool. Mash the tarragon into the cream every now and again.

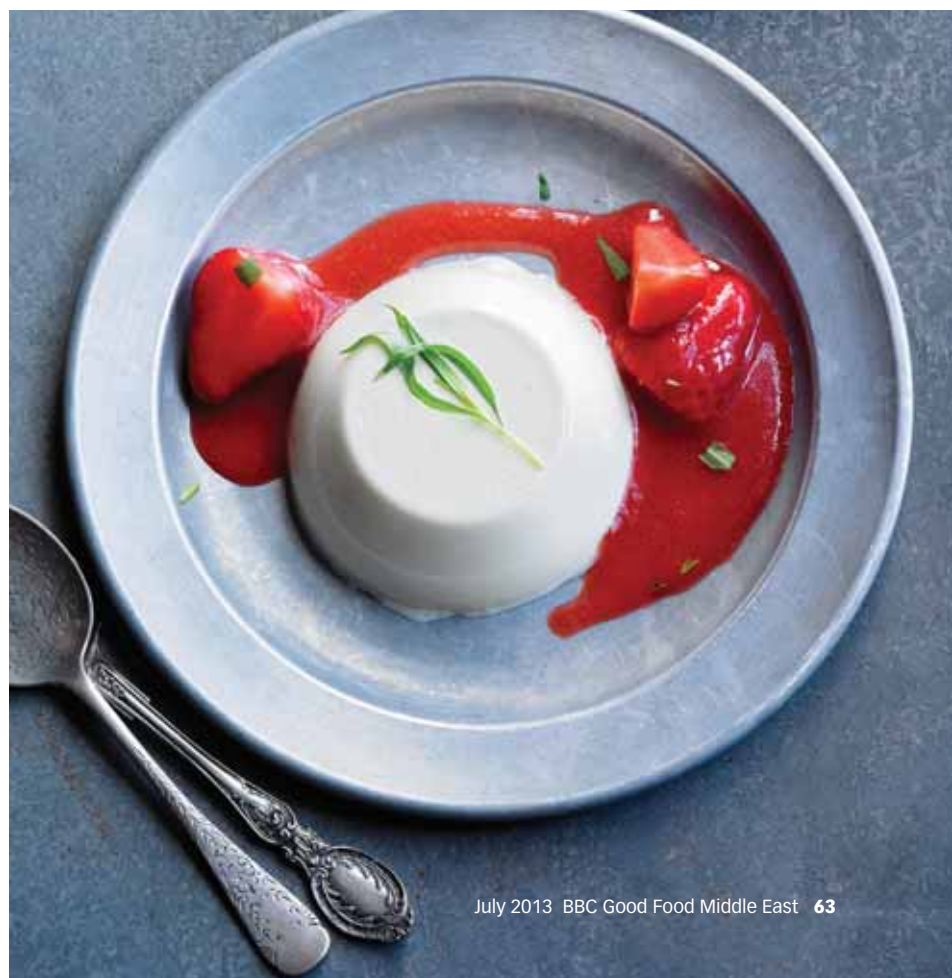
2 Meanwhile, soak the gelatine in a

bowl of cold water until completely soft. Lightly grease the insides of 6 x 150ml pudding moulds or, if you don't want to turn out the puddings, just have 6 teacups or ramekins ready on a flat tray.

3 Stir the caster sugar into the pan, bring the cream back to a simmer, then pass it through a sieve into a jug. Squeeze out as much water as possible from the gelatine, then stir it into the hot liquid until dissolved. Pour the mixture into the moulds, cool for 30 mins at room temperature, then cover and chill in the fridge for 6 hrs or overnight.

4 Blend half the strawberries with the icing sugar in a food processor until smooth. Pass through a sieve, then taste for sweetness. Toss the rest of the berries into the sauce. When ready to serve, dip the panna cotta moulds in hot water for 3-4 secs before turning onto plates. Add a little chopped tarragon to the strawberry sauce, then spoon over or around the wobbly creams. Garnish each panna cotta with a tarragon sprig, if you like.

PER SERVING 515 kcals, protein 5g, carbs 29g, fat 42g, sat fat 26g, fibre 1g, sugar 29g, salt 0.1g



The London Dairy dessert series

#7 Healthy treat



Explore the textures and flavours of this no-bake cheesecake from Chef Ruchith Fernando, pastry chef at Sheraton Dubai Mall of the Emirates Hotel, which gets a silky, smooth, and light berry kick from the Low-fat strawberry yoghurt ice cream.

Butterscotch cold cheesecake

SERVES 4

150g digestive biscuits
75g softened butter
200ml fresh milk
50g granulated sugar
20g gelatin powder
50ml water
150ml butterscotch sauce
200ml whipping cream
50g dark cooking chocolate
FOR THE BUTTERSCOTCH SAUCE
100g sugar
75ml cream
20g butter
FOR THE CARAMEL NUTS
100g sugar

30g butter
50g hazelnuts

- 1 Ground the digestive biscuit and mix with soft butter.
- 2 In a metal or plastic ring on a tray, spread the biscuit mix approximately 1cm high and level with the back of a spoon before refrigerating.
- 3 To make the butterscotch sauce, heat the sugar on low heat to caramelize. Add the cream and butter. Mix well and cool.
- 4 Soak the gelatin in the water. Boil milk and sugar, remove from heat and add the gelatin mix to it. Set aside to cool. Then add the butterscotch sauce and fold in the whipped cream.
- 5 Pour the mix into the ring and freeze for 2 hrs.
- 6 Melt the cooking chocolate, and spread a

very thin layer on the cheesecake.

7 To make the caramel nuts, melt and brown the sugar to form a caramel. Add the butter and hazelnuts, mix so that all the hazelnuts are coated, and then transfer to a piece of baking paper and set aside to dry. Once dry, chop roughly into big pieces.

8 Remove the cake from the ring and serve with a scoop of strawberry yoghurt ice cream, topped with butterscotch sauce and caramelised nuts.

Next month,
look out for the recipe with
Fruits and Cream ice cream

MEET THE CHEF



Beginning his career as a commiss trainee at Colombo Oberoi Hotel in his hometown Colombo, Sri Lanka, Ruchith Fernando has come a long way since he discovered his passion for pastry. A move to Dubai in 1999 saw Ruchith become the chef de partie at Jumeirah Beach Hotel, which later led him to a pastry chef position. He is now the pastry chef at Sheraton Dubai Mall of the Emirates Hotel.

CHEF'S TIP:

"If you don't have a metal or plastic ring, use a ceramic cup. Spread clingfilm along the base and let it hang out over the cup as you prepare the dessert. Slowly remove the film along with the dessert from the cup to retain the shape."

Two other ways to enjoy London Dairy's Low-fat strawberry yoghurt ice cream:



Serve with raspberry jelly cubes.



Eat with a bowl of chocolate covered cornflakes and a drizzle of strawberry sauce on top.



Sheraton Dubai Mall of the Emirates Hotel



To see a step-by-step video for this recipe, visit youtube.com/bbcgoodfoodme or facebook.com/LondonDairy, or you could simply scan the QR code with your smartphone.



LOW-FAT STRAWBERRY YOGHURT

A refreshing and sweet strawberry yoghurt treat with swirls of strawberry puree.



Make a batch

'Tis the season for berries! Preserve their flavours before they're gone with these creative ideas. Recipes SARA BUENFELD
Photographs LIS PARSONS

Gooseberry &
hazelnut slices



Gooseberry & hazelnut slicesMAKES 16 ● PREP 45 MINS ● COOK 30 MINS **Easy** ❄️**Butter, for the tin****320g sheet chilled shortcrust pastry****400g gooseberries****3 tbsp elderflower cordial (optional)****25g cornflour****140g caster sugar****FOR THE SPONGE****200g soft butter****200g caster sugar****100g ground hazelnuts****100g self-raising flour****1 tsp baking powder****4 large eggs, beaten****TO DECORATE****100g icing sugar, sifted****1 tbsp elderflower cordial or water****50g toasted hazelnuts, chopped**

1 Heat oven to 200C/180C fan. Grease the base and sides of a deep 20 x 30cm tin. Unroll the pastry sheet and use it to line the tin, pressing into the base and sides. Line with baking parchment and baking beans, then bake blind for 15 mins. Remove the paper and beans, then bake for 5 mins more. Reduce oven to 180C/160C fan.

2 Meanwhile, put the gooseberries in a pan with the elderflower cordial, if using, and 3 tbsp water. If you're not using the cordial, use 6 tbsp water. Cover and cook for 5 mins until the berries start to break down. Mix the cornflour and sugar together, then add to the gooseberry mixture and stir continuously until thickened. Spread evenly over the pastry.

3 Put all the ingredients for the sponge in a large bowl and beat with an electric whisk until smooth. Spread evenly over the gooseberry mixture and bake for 25 mins until golden and firm to the touch. Cool in the tin.

4 To decorate, mix the icing sugar with the cordial or water to make a smooth icing. Drizzle over the cake and scatter over the nuts. Leave until set, then cut into fingers.

PER SLICE 413 kcs, protein 5g, carbs 45g, fat 23g, sat fat 9g, fibre 2g, sugar 32g, salt 0.6g

STERILISE YOUR JARS

Wash your jars, bottles and lids in hot soapy water, then rinse well. Place jars on a baking tray and dry in a low oven. Keep them warm until you need them.

**Jumbleberry jam**MAKES APPROX 4KG (8-9 JARS) EASILY HALVED ● PREP 15 MINS ● COOK 10-12 MINS **Easy** ❄️

This makes a great jam that's packed with summery flavour. I tend to use twice the number of strawberries to balance seedy fruit, such as blackberries.

2kg mixed summer berries (we used 1kg halved strawberries, 500g blackberries and 500g mixed currants)

Juice of 2 lemons**2 packs jam sugar with pectin**

1 Before you start, sterilise your jars and put a plate in the freezer to chill.

2 Tip the berries, lemon juice and sugar into a preserving pan. Gently heat, stirring

occasionally with a wooden spoon, until the sugar has melted and fruits are juicy.

3 Bring to the boil and boil rapidly for 5 mins. Remove from the heat and drop a little of the mixture onto the chilled plate. Push your finger through it; it should wrinkle and have set like jam. If it doesn't, boil for 2 mins more, then test again and, if necessary, keep repeating until it's ready.

4 The top of the jam may look like it has sediment on it, but if you stir it well as it cools, it should disappear. Allow to cool and settle for 10-15 mins before ladling into sterilised jars and sealing.

The jam will keep unopened for 1 year but, once opened, store in the fridge.

PER SPOONFUL (15g) 31 kcs, protein none, carbs 8g, fat none, sat fat none, fibre none, sugar 8g, salt none >>

◆ HOW TO FREEZE

Once cooled, wrap in cling film, then foil and freeze for up to 2 months. Defrost at room temperature for about 5 hrs before decorating and slicing as above.



Delicious with
soda and ice

Raspberry cordial

MAKES 700ML EASILY DOUBLED ● PREP
10 MINS ● COOK 10 MINS **Easy**

500g raspberries
500g caster sugar
3 tbsp vinegar

1 Put the raspberries in a pan with the sugar and vinegar. Mash over a low heat for 10 mins until smooth and syrupy. Rub through a sieve into a clean pan.
2 Tip the seeds from the sieve into a bowl and stir in 300ml water, then sieve again to remove the last of the pulp from seeds. Pour the liquid into the pan with the sieved pulp, stir well and boil for 1 min. Pour into small sterilised bottles and seal. *The cordial will keep unopened for a few months. Once opened, store in the fridge.*

PER SERVING (1 part cordial to 4 parts water)
78 kcals, protein none, carbs 19g, fat none,
sat fat none, fibre 1g, sugar 19g, salt none

HOW TO FREEZE

Wrap
cheesecake with
cling film and
foil, and freeze it
in the tin for up
to 6 weeks.
To serve,
thaw completely
in the fridge
before
decorating.

Strawberry-mallow cheesecake

CUTS INTO 12 SLICES ● PREP 40
MINS PLUS CHILLING ● COOK 25-30
MINS **A little effort** **Vit C**

*Cheesecakes can be quite heavy, but
this marshmallow-studded one is
mousse-like.*

7 sheets leaf gelatine
**500g strawberries, plus a few
extra small ones, halved, to serve**
100ml milk
250g tub ricotta
140g caster sugar
300ml double cream
**400g bag pink and white
marshmallows, snapped into
quarters, or use mini ones**
icing sugar, for dusting
FOR THE SHORTBREAD BASE
175g cold butter, chopped
200g plain flour
85g caster sugar
Little sunflower oil, for the tin

1 First, make the shortbread base.
Heat oven to 160C/140C fan. Rub the
butter into the flour and sugar until the
mixture makes a sticky dough. You
can do this by hand or in a food
processor. Press evenly into the base
of a non-stick 26cm springform tin and

smooth with the back of a metal spoon.
Prick all over with a fork, then bake for
25-30 mins until pale golden. Cool, then
carefully oil the sides of the tin using
kitchen paper.

2 To make the filling, soak the gelatine
in cold water for a few mins to soften.
Meanwhile, purée the strawberries in a
food processor or with a hand blender
until very smooth, then rub through a
sieve to remove all the seeds. Pour the
milk into a small pan and warm gently.
Squeeze the gelatine of excess water,
add to the milk, then remove from the
heat and stir to dissolve. Cool.

3 Stir the strawberry purée, gelatine
mixture, ricotta and sugar together until
smooth. In a separate bowl, whisk the
cream until it softly holds its shape, then
fold into the strawberry mixture with
three-quarters of the marshmallows.

4 Carefully pour onto the cooled base and
scatter over the remaining
marshmallows. Cover the tin with cling
film and chill until firm, preferably
overnight. *Cheesecake can be made 2
days ahead if kept chilled.*

5 Carefully remove the cheesecake
from the tin. Decorate with extra
berries and finish with a dusting of
icing sugar.

PER SERVING 523 kcals, protein 7g, carbs 60g, fat
28g, sat fat 18g, fibre 1g, sugar 43g, salt 0.3g **GF**



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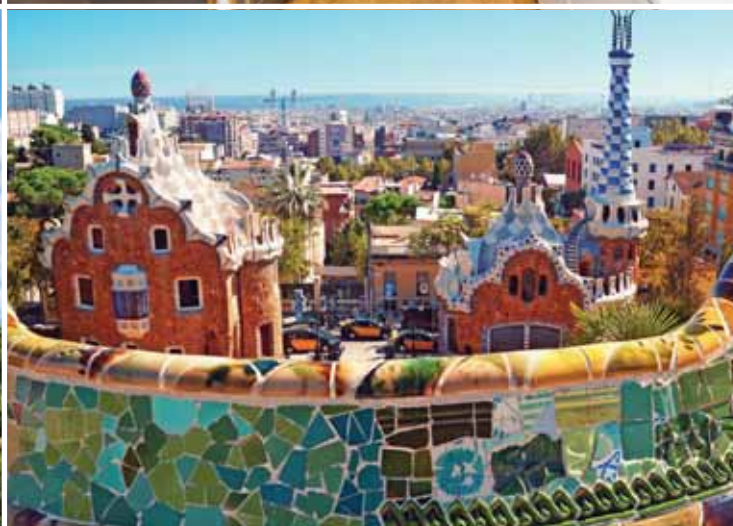
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Gourmet Lifestyle

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IN THIS SECTION

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- * Discover Sri Lanka's aromatic, spicy cuisine, **P84** * A gastronomic weekend in Barcelona, **P90**



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3's a trend: MANDI RESTAURANTS

We take a look at some of the most interesting foodie trends in town.

Mandi is the traditional cuisine of the Arabian peninsula, where, for generations, the one-pot dish of meat and rice was slow-cooked underground, with a combination of spices. The dish, typically eaten shared from an oversized platter, is seeing something of a resurgence in restaurant circles, being recreated in different avatars, whether it's as a food court outlet, or in a five star hotel – opening up the cuisine to the uninitiated. According to Fayez Al Nusari, owner of Mandilicious, "there are around 200 Mandi-type restaurants in Dubai, which is a lot more than a few years back, when there were no more than 20. As a dish, it's not very complicated, but it has to be done in a certain way." Here we take a look at three different Mandi eateries that have opened up in Dubai recently, each offering a unique, modern take on this traditional dining experience.



Mandilicious

Being the first restaurant to serve Mandi in a food court setting in the UAE, we were glad to discover this eatery is as good as your friendly neighbourhood Mandi restaurant. The meat is slow-cooked at the main kitchen in Al Quoz for four to six hours before being served at the mall outlet, with basmati rice, soup, salad and a soft drink. The tablet menus with photos of dishes are quite useful for novices, and if you prefer take-away, you can get a combo meal in a nifty box with compartments for each dish. The highlights are the Meat Mandi; Chicken Madhbi, dish of smoky, juicy chicken; and Camel Mugalgai, a delicacy of chunks of young camel meat. We loved the yoghurt with cucumber as a side, as well as the fact that there are a few options for vegetarians too, such as Thareed, a grilled veg dish. With more outlets due to open soon, Mandilicious is doing a great job of bringing this traditional cuisine into the fast food-driven mainstream. www.mandilicious.com.

Al Mashrabia

One of the best kept secrets when it comes to Arabic restaurants in Dubai, this recently opened Mandi outlet is housed on the first level of the business-y Millenium Plaza Hotel on Shaikh Zayed Road. Formerly a Mediterranean restaurant, the space still retains a fresh, light, airy feel with parquet flooring, whitewashed walls and splashes of blue. Somehow, this doesn't seem at odds with the menu which also includes Lebanese-style kibbeh and other starters and salads. The Mandi is cooked in a purpose-built oven, which gives it as authentic a flavour as possible – the lamb is tender and succulent, and the rice, subtly infused with spices. Wash it down with a fresh mint lemonade, and finish your meal with the Camel milk mouhlabia, a beautifully presented, rose water-fragranced dessert. The service at the restaurant leaves a lot to be desired, but it's still worth visiting if you're looking for a traditional meal in a modern restaurant setting – and no, you don't have to eat from the same plate as your companion, the food is served in individual portions. Call 04-3877777.



Turath Al-Mandi

Located on Jumeirah Beach Road, the restaurant, popular with those in the know, offers a relaxed, and refreshingly different Arabic dining experience. With cosy alcoves, hanging lanterns, buckets of spices that make a beautiful display just by the entrance, and hot tandoor ovens in the background, a touch of tradition is maintained. The food is authentic with a modern flair, and highlights the cuisine from Yemen and Saudi Arabia specifically. Try the Jarjeer salad - similar to fattoush but with a tahini and yoghurt dressing, before moving on to the main event. The main course menu includes mandi of course, as well as larger sharing dishes like the Meat platter which features grilled chicken (madhbi) and lamb cooked in a mandi oven, lamb chops, and three kinds of rice – a yellow rice cooked with mandi meat, white rice, and a tomato rice. Seafood lovers can also try the Sayida – rice cooked in fish broth – with a platter of seafood. In keeping with the 'modern' theme, the mains aren't served in the regular mandi style, but as separate platters. For desserts, don't miss the traditional sweets such as Bint al sahan – a flaky Yemeni honey pie topped with black sesame seeds – and a divine date cheesecake made with camel milk. turath-almundi.ae





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The inheritance of food

Gastronomy is something of a family heirloom in the Rostang household. But, that didn't stop fifth generation chef and multiple Michelin star holder Michel Rostang from being one of the humblest chefs Sudeshna Ghosh has interviewed.

He comes from a family of restaurateurs, so becoming a chef was an inevitability for Michel Rostang. As he himself admits, "I can't imagine not being a chef. It's natural, I've been living and breathing food since I was a baby."

With seven restaurants, and over 30 years of cooking under his belt, many might say it's time for him to enjoy the retired life. But the passion and energy reflected in his intense, yet friendly, blue eyes tell a different story. That Michel, although ably aided by his two daughters Sophie and Caroline in the management of his restaurants, is far from hanging up his apron. Still very much a hands-on cook in the kitchen – a refreshing change from other celebrity chefs who lend little to their restaurants other than the name – his food is as much a work of art (his desserts, for example, rightfully come initialled with pastilles saying MR) as they are indulgent for the tastebuds. And the reason for this seems simple – he is driven more by his love for food than the celebrity aspect of being a top chef, by a no-nonsense, traditional approach to food rather than unnecessary gimmickry, and this comes through clearly when he speaks. Excerpts from my chat with him:

Q. Your food has been described as being classical and traditional. How do you see it yourself?

A. My way of food is traditional. My food doesn't have more than three tastes in a plate – when there are too many flavours, I cannot recognise it. I prefer to have two-three, or even just one strong taste, which you should be able to identify blindly.

Q. You are known for celebrating the 'ingredient' and seasonality in your

cooking. Would you say that is fundamental to your culinary philosophy?

A. Absolutely, food should be of the season. Take truffles, for example. If you eat something everyday, it makes you blasé. It gives you pleasure to find something after a gap!

Q. You have been credited with bringing bistro-style dining into French gastronomy. What was your thought process behind doing this?

A. Yes, a lot of chefs are doing bistro style in France now. I was the first one to do it, 26 years ago! It was a challenge then, to change the mindset of people. Basically, the idea is, you get the same quality of product as you would in a gastronomy restaurant, but the ambience is more casual, friendly, and prices are lower. This style of dining is becoming more popular, as nowadays, no one has the time, nobody has a jacket to wear to a restaurant! The ambience and décor is important for relaxed dining, as only 50 per cent of a restaurant's success lies in its food. In a bistro, you need one chef to make a plate, but in a gastronomy restaurant, you need five. We can still

MICHEL'S GUIDE TO THE FOUR SEASONS:

- **Autumn:** Game, wild mushrooms, white truffles, and quinces
- **Winter:** Black truffles, sea urchins and scallops
- **Spring:** Green asparagus, salmon and young vegetables
- **Summer:** Lobsters, artichokes, strawberries and cherries



cook old-fashioned dishes, but we have to adapt to modern lifestyles.

Q. Speaking of modernity, what is your opinion on molecular gastronomy, which seems to be the path many chefs think they need to follow in order to make a mark? As well as being splashed all over media which seems to be what most celebrity chefs are busy with, nowadays?

A. According to me, in France, there are two cuisines – the good and the bad. I cook what I love to eat. Molecular gastronomy is an experience, but it's not to my taste. If you ask me, if you make something, it should be real – food shouldn't be produced in a lab. Similarly, all the trappings of being a celebrity chef – it is not my way to do it. I know it is important to be in the media, but it is not that important for me, personally. I have nothing against TV chefs however, to each his own.

Q. How would you describe your relationship with food?

A. It's simple – good food is good life. I'd rather >>

not eat, than eat bad food. And you don't always need expensive ingredients – a sandwich, with some bread, butter and ham can make a great culinary experience.

Q. So, what would be your ultimate comfort food?

A. For me, each Sunday night is a roast chicken and pomme puree. I come from the mountains [Michel hails from Isère near the French Alps], so I've grown up eating a lot of fish from the lakes, and enjoy cooking with cheese and game too. And, I love fondue!

Q. What, according to you, is the secret to French cooking?

A. There are three rules. The first rule is – good product. The second rule is good product, and the third rule is good product! I'm a big believer in being a 'locavore', and eating local and regional produce.

Q. How hard or easy is it to follow this philosophy in your Dubai restaurant?

A. We are also looking at using more local produce in my Dubai restaurant, but I think the care of the food has to be better – I was surprised at the conditions at the fish market, it needs air conditioning with such high temperatures!

Q. I hope the authorities are listening! Finally, what are your plans for the future?

A. I would really like for the Rostang legacy to be continued – my daughters manage the restaurants, but we don't know what the next generation will do. For me personally, maybe we will open a new meat restaurant in Paris. But the concept needs to be figured out.


SIGNATURE RECIPES



Black truffle sandwich

SERVES 6 ● PREP TIME 20 MINS (PLUS TIME FOR RESTING) ● COOK TIME 5 MINS

180g black truffle (Tuber Melanosporum)
200g half-salted butter
12 slices of sourdough bread

- 1** Spread the half-salted butter generously on the slices of bread.
- 2** Cut the truffles in 2-3 cm large slices. Lay them on 6 slices of bread. Close the sandwiches. Wrap them in cling-film. Refrigerate for 2 days at least.
- 3** When ready to serve, remove the cling film wrapping. Lay the sandwich on a non-stick pie plate in the centre of the oven under the grill. Brown it 3-4 minutes on each side, turning it around a few times.
- 4** Serve hot with an arugula salad. 

Chocolate custard cream

SERVES 4 ● PREP TIME 15 MINS ● COOK TIME 50 MINS

125g dark chocolate (52 % cocoa)
500ml half-skimmed milk
85g sugar
1 egg plus 4 egg yolks

- 1** Crush the chocolate with a knife.
- 2** Boil the milk. Add the sugar and the crushed chocolate to it. Mix well and bring to the boil again to make sure the chocolate is correctly melted. Let it cool and refrigerate overnight.
- 3** The next day, blend the egg and the yolks into the chocolate cream. Let it rest for another 6 hrs.
- 4** Preheat the oven to 90C (with fan).
- 5** Strain the chocolate cream through a funnel or a sieve and pour it directly into four ramekins. Cook them in the oven for around 50 mins. Let it cool and refrigerate 4 or 5 hrs before serving.

TRUFFLE TALK Michel and his love for truffles are legendary. Every year, between December and March, Michel makes it a point to head to the Richeranches Saturday market in Provence, Europe's most important truffle market, to personally hand-pick the truffles he will cook with.

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MY KITCHEN

Tom Kerridge

Michelin-starred chef Tom Kerridge explains to Holly Brooke-Smith why the stove is at the heart of his home.
Photographs GEOFF WILKINSON

Tom Kerridge runs The Hand & Flowers in Buckinghamshire, UK, which last year became the first pub to be awarded two Michelin stars. Tom, who has appeared on BBC's Great British Menu, Saturday Kitchen and Food & Drink, has worked at Adlards in Norwich, Odette's in London, and as sous chef with Gary Rhodes. He lives in Hertfordshire with his wife Beth and their dogs Sponge and Marley.

Did you start from scratch?

When we bought the house, nothing had been done to it for many years. It needed a huge amount of work, but felt like a lovely space. The kitchen was quite small, so we knocked down the walls to make it open living plan.

What was the idea?

The whole space has been based around the stove, as you might expect from a chef! I wanted the cooking area and table to be completely interactive, so friends could sit there having a laugh while I could be doing exactly the same thing – cooking, but still part of the party.

How have you managed it?

The cooking area is one piece of stainless steel that continues out to the table. You can sit nine around it very comfortably. The table surface is wooden because we wanted something that feels like a classic tabletop, but it could have been anything we wanted. We deliberated over brick, steel and leather.

So what do you cook on?

It's a big classic French stove with six hobs. Two are induction and four are radiant, which is like your old electric ring under the glass but 50 years' of technology down the line. The rings heat a glass pad and then sit at that temperature – whereas induction heats up the pan, but there's no heat on the hob.

Is it an organised kitchen?

Sometimes it's hard to work in a domestic kitchen. In a commercial one, you know where everything is. But when you come home, it hasn't got to be so regimented to make it work. However, I do think if you put the things in place, like a knife drawer, it will all fit together better.



Tom likes an ordered kitchen and has built-in cling film and foil dispensers in his knife drawer, which means he's never struggling to find the edges



A teapot made by potter Akiko Hirai, from the New Craftsman Gallery in St Ives, which Beth, Tom's wife, used to visit as a child

TOM'S TOP TIPS

- **Choose your knives well:** It's worth spending money on knives that will last you a lifetime – and you only really need three if they're good. Buy an 8-10in cook's knife, a flexible boning knife and a small paring knife. Look after them, too, by sharpening little and often.
- **Invest in good pans:** Water takes half the time to boil in good, conductive pans, which means you can turn the power off sooner and save energy in the long term.
- **Consider light:** Good lighting is important to work under, but it can also make for a great environment to relax in. Our bulbs give out a cosy glow when you come in.
- **Don't forget 'Mise en place':** Get your prep done before you start cooking, so that when you begin, the veg is already chopped and washed, and you won't worry about your timings.
- **Relax!** Don't over-think your space, just try to make the kitchen a fun environment that you want to spend time in.

Do you have enough storage?

Beth and I are both very keen on fresh ingredients. We like the idea of going to a market and buying what you need on that day. We haven't got a lot of dry store space for convenience goods. Instead, we have a lot of space for fresh food in our big fridge. The deep drawer for plates is pretty smart too and means we can store much more in there.


What about lighting?

Beth really put a lot of effort into finding the right lights – industrial but also comfortable-looking. At night, the skylight is amazing and the house looks absolutely fantastic if you stand outside and look in. There are no streetlights here, so it gets very dark. The skylight becomes a mirror and the lit-up kitchen looks incredible. That was by complete mistake!

What about the aesthetics?

I'm very fortunate that my wife is incredibly creative. She's a sculptor and an artist, and has done the rooms at The Hand & Flowers. We wanted somewhere that felt the same as that, somewhere where that love and feel has gone into it. The space is pretty much Beth's vision of that crossover between a beautiful, quintessential English cottage, with ivy on the front, yet with a hint of great modern living.

Any changes to come?

Our plan is to keep it as it is! The more we use this kitchen, the more we look forward to being able to entertain and have people over. The whole house has had so much work and love go into it. It's completely as we wanted it – or even better. It feels like a beautiful home to be in and somewhere that's very relaxing. 

GET THE LOOK



Good utensils are essential for any chef. This Jumbo sauté pan with lid costs Dhs279 at Crate and Barrel.



Keep your cutlery organised like Tom does with this Bamboo cutlery tray. Dhs59 at Think Kitchen.



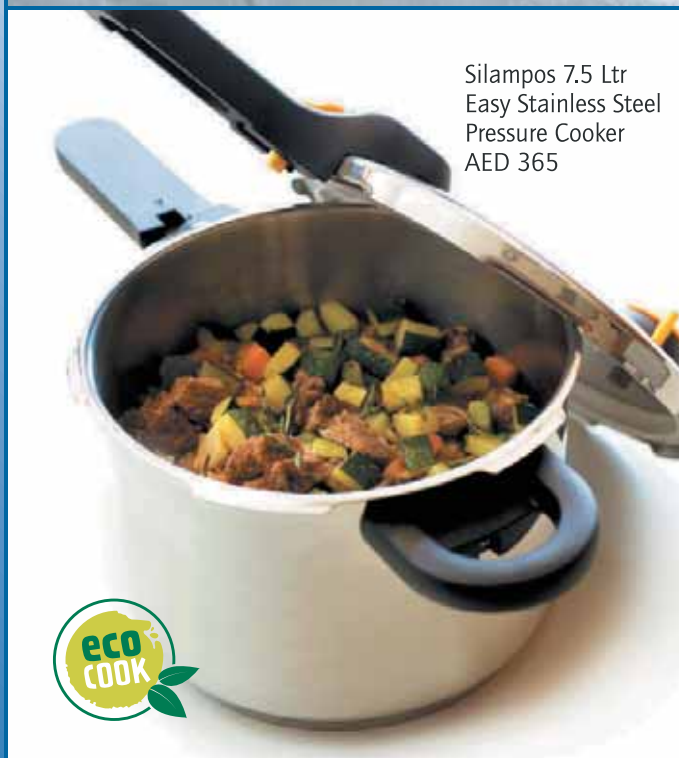
Tom's knives are a prized possession and yours will be too with this Victorinox Swiss C. Carving knife firebox, Dhs199, at Jashanmal.

This hand-thrown Linda Bloomfield porcelain tea set from Pablo Blue, Dhs690 at pabloblue.co.uk, will become a family heirloom.

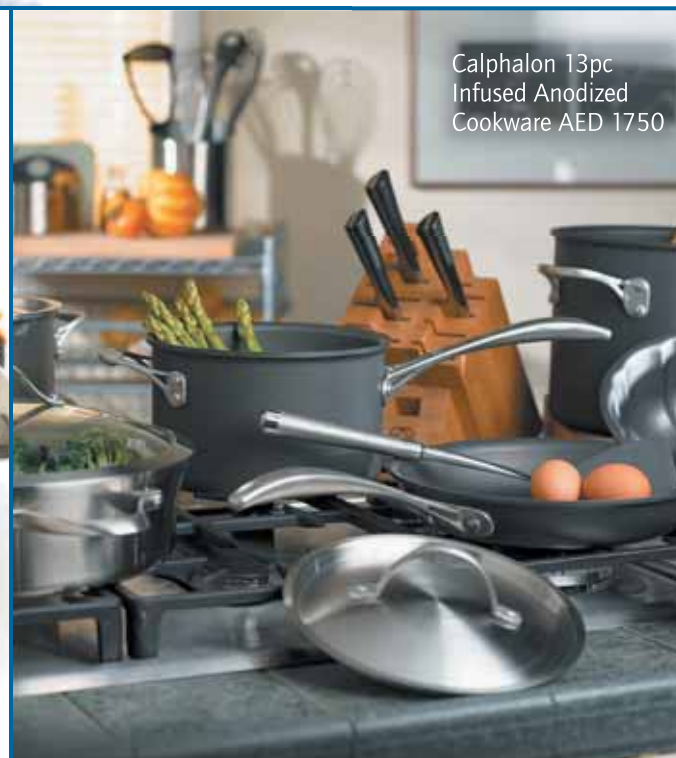


This Zwilling bamboo chopping board, Dhs190 at Tavola, effortlessly combines aesthetics with functionality.

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An illustration of three hanging lanterns against a solid blue background. The central lantern is the largest, with a black frame and a yellow glow. It has a decorative base with a honeycomb pattern and a small yellow dot. To its left is a smaller yellow lantern, and to its right is a smaller blue lantern. Both side lanterns also have decorative bases with honeycomb patterns. The lanterns are suspended by thin black lines.



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Food Safari: Sri Lanka

Each month, we dip into the UAE's multicultural melting pot to discover a new cuisine from a foodie.

Farwin Simaak, born and raised in the bountiful land of Sri Lanka, didn't always have a knack for cooking. Sure she did the 'odd job,' as she calls it, of scraping coconuts and extracting the milk, to help her mother and grandmother in the kitchen, but she never thought it would be something she would become known for someday. "When I graduated from high school, my mother decided it was time for me to learn how to cook. So I would visit the markets, scrape coconuts, and peel fruits and vegetables. While I don't scrape coconuts nowadays, I still do extract the milk from grated coconut!" says Farwin.

Although Farwin's home in Al Nahda is scented with aromas and spices from enticing Sri Lankan dishes, she confesses that when she initially began cooking, it wasn't a smooth ride. "My first time in the kitchen was a disastrous episode, but I made sure to improve after that, and cook better food for my family and friends," she says.

Farwin is a stay-at-home mother of four-year old twins, Ammar and Ahyar, and founder of her blog, Love and Other Spices, where she shares authentic Sri Lankan recipes that have been passed down by her grandmother and mother. The blog began two years ago when she moved to

Dubai, from Qatar, as she saw very few Sri Lankan bloggers in the blogosphere who focused on traditional cuisine from her home country.

THE COUNTRY

Sri Lanka is an island country in the Indian Ocean, off the southern coast of South India. Up until 1972, it was known as Ceylon, and it now shares maritime borders with India to the northwest and Maldives to the southwest. The small teardrop-shaped island, sometimes referred to as the emerald isle due to its lush, tropical jungles fringed by sandy beaches, is becoming increasingly popular as a tourist destination, having recovered from its decades-long civil war which ended in 2009.

Sri Lanka's location near the Indian Ocean sea lanes allows for fresh seafood to be caught and sold at markets daily – one of the reasons why seafood dishes are popular around the country. With a tropical climate, which consists of dry and wet seasons, Sri Lanka experiences mainly warm weather throughout the year, with two monsoons. From May to August, the island's southwestern half experiences rains, known as the Yala monsoon, and tends to remain dry from December to March. The

Maha monsoon, from October to January, brings rain to the North and East, with the dry season starting from May and ending in September.

Mainly made up of low, flat terrain, it is only in the central part of the island that you will find elevated hilly landscapes – this is where most of the tea plantations are. Tea is one of Sri Lanka's major agricultural crops, along with rice, which is exported all over the world. Sri Lanka's tropical monsoon climate also allows a variety of fruits such as dragon fruit, ripe jack, rambutan, pineapple and mangosteen to be produced in the region, as well as of course, the ubiquitous coconut.

Farwin's home is in Colombo, Sri Lanka's second largest city and cultural capital, but her ancestral home, where her maternal grandmother lives, is in Galle. "My grandmother has a big coconut estate in her backyard, and gorgeous, untouched beaches nearby – we loved gong there!" she says. Reminiscing her childhood, Farwin tells us that her most cherished memories were her Sunday visits to the local farmers' market, where she would pick up fresh mangoes.

THE CUISINE

Sri Lankan cuisine is heavily reliant on spices, however the cooking techniques and methods differ across ethnic cultures. "The northern part of Sri Lanka is heavily influenced by South India, and you'll find a lot of Tamilian foods including idlis, wadas and dosas in that area. Palm flour is an ingredient used quite a lot in that area as well," says Farwin. The South, on the other hand, focuses on the indigenous, from the ingredients to the cooking methods. "Dishes are cooked in clay pots, and while we don't use them to cook with every day at home anymore, we do cook in it for weekend meals and celebrations," she says.

When asked about the most popular ingredient used in Sri Lankan cuisine, Farwin replies in a heartbeat. "Coconut – it's used in everything and every meal," she says. Coconut is cultivated in most parts of Sri Lanka such as Puttalam, Kurunegala and Colombo – as these areas have tropical climate conditions – and is used grated in salads, with the milk extracted in curries and stir-fries or to make the Sri Lankan staple flatbread, coconut rotis.

Spices such as cinnamon, coriander seeds, chilli powder, turmeric and curry leaves are widely used as well. Curries, Farwin tells us, not only have lot of coconut milk in them but sometimes a raw Sri Lankan curry powder blend is also mixed in – especially in chicken curries. A herb known as Brahimi is also quite popular, and

is eaten chopped, mixed with onions, green chillies, lemon juice and grated coconut, in a salad. The juice from the herbal leaves are also extracted and mixed with porridge.

Spices aren't only used in dishes in cooking, but also as natural health remedies. For example, Farwin makes a special herbal tea with coriander seeds, ginger, cinnamon, black pepper, cloves and honey, which works great for cold and flu.

The Sinhalese usually eat tapioca, sweet potato, boiled and tempered chickpeas, and porridge with coconut, for breakfast. Preserves are also quite popular, and often eaten with toast. "My mother and I used to make preserves with rambutan and exotic fruits," says Farwin. A typical lunch in a Sinhalese household includes dishes such as milk

rice, lentil, seafood, chicken or vegetable curry, pickle, or a stir-fry, whereas dinner is usually string hoppers (fermented batter of rice flour and coconut milk), with curry and a salad. To complete the meal, steamed pudding and coconut toffee are popular for dessert.

Street food such as Kuttu Roti (a mixture of roti, with spices, chicken and egg) and Mung Kavum (a Mung bean cake) are well-loved as snacks. "When we were young, my friends and I would go out and eat Kuttu roti, or buy peanut brittle and mix it with sugar and treacle, and eat it as a snack," Farwin reminisces.

THE CULTURE

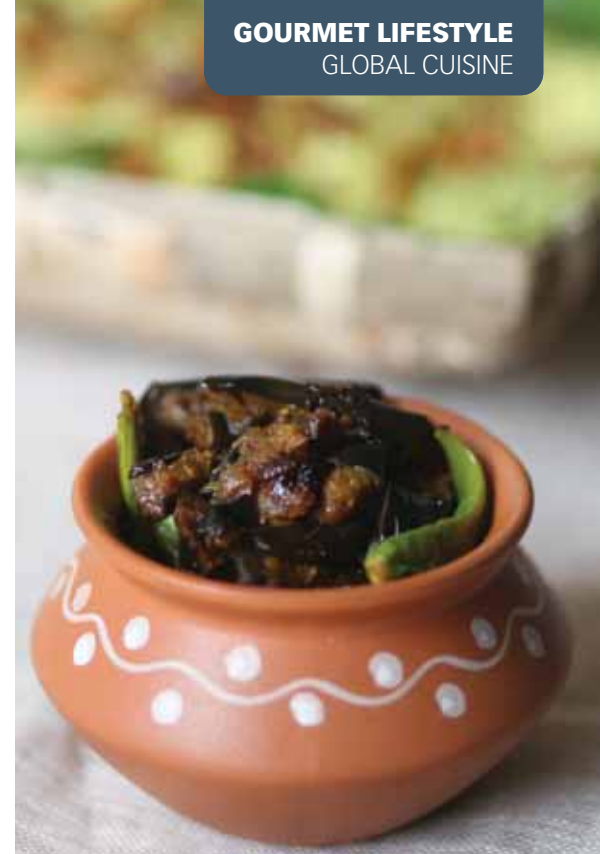
Celebrations are aplenty in Colombo, as it is a multicultural society, Farwin tells us. The two popular occasions are the January 1 New Year, and the Sinhalese and Tamil New Year. Both occasions have rituals based on milk. "On January 1, we let milk boil over, as it is meant to bring prosperity and new beginnings. For the other New Year, we boil milk at astrological times," says Farwin.

Being a tea-producing nation, the beverage naturally forms an important part of the diet. Most people drink milk tea in the morning and ginger tea in the evenings. An interesting habit still practised in rural areas is to have a piece of jaggery or some sugar in their palms to sweeten their tongue before sipping their tea. Sweets form an integral part of their culinary customs, with traditional sweets like Kichadi (a concoction of rice with mung beans and jaggery) always kept in stock at most homes to serve when guests drop in.

Farwin can't wait to indulge in these delicacies when she goes back home for the summer. In the meantime, we got her to shared the menu for a traditional Sri Lankan lunch with us.



Farwin enjoyed home-baked cakes for her birthdays, growing up



Aubergine pickle

SERVES 4 • PREP 10 MINS • COOK 30 MINS

Oil, to fry

500g aubergines, cut into strips, and soaked in turmeric and salt water

½ tsp turmeric powder and ½ tsp salt mixed in 2 tbsp water

2 onions, sliced

3 tbsp dried prawns, washed and drained

3 green chillies

1 tbsp ginger and garlic paste

1 tsp mustard seed powder

2 tbsp sugar

4 tbsp vinegar

80ml water

¼ tsp turmeric powder

½ tsp chilli powder

Salt

1 Heat the oil, and fry the aubergine strips in batches until they turn golden in color. Drain.

2 Fry the onions till golden, drain excess oil and keep aside.

3 Heat another pan with a teaspoon of oil, sauté the dried prawns and green chillies.

4 Add ginger-garlic paste, mustard seed powder, sugar, vinegar, water, turmeric and chilli powder, salt and stir till dissolved. Let it come to a boil.

5 Tip in the fried aubergines and onions. Adjust vinegar, salt and sugar according to taste. The pickle keeps for 1 week when refrigerated. >>



Steamed jaggery and coconut milk pudding

Red lentil curry

Yellow rice

Yellow rice

SERVES 4 ● PREP 10 MINS ● COOK 35 MINS

2 tbsp ghee or butter

1 stick of Lankan cinnamon (Available at Lulu hypermarkets)

1 pandan leaf

1 curry leaf

1 onion, thinly sliced

¼ tsp turmeric powder

300g basmati rice

1 tsp salt

250ml coconut milk

500ml water

Fried onions, fried cashew nuts, fried thin slivers of pandan leaf, for garnish

1 Wash the rice and let it drain.

2 Melt ghee in a heavy bottom pan. Add the curry leaf, cinnamon stick and pandan leaf and let it cook for a minute till it's fragrant. Add the onions and the turmeric powder. Cook for about 2-3 mins.

3 Add the rice and salt and fry, stirring continuously till it turns opaque in color and all

the grains are coated.

4 Add in the coconut milk and water. Bring to a boil, cover, reduce the heat to the lowest setting. Let the rice cook until tender and fluffy – this will take 25-35 mins.

5 Remove lid and let it steam for a few minutes before fluffing with a fork.

6 Garnish and serve with the lentils and pickle.

Red lentil curry

SERVES 4 ● PREP 15 MINS ● COOK 30 MINS

100g red lentils

1 small onion, finely chopped

2 garlic cloves, minced

3-4 curry leaves

1 cinnamon stick

½ tsp turmeric powder

½ tsp Sri Lankan curry powder (Available at Lulu hypermarkets)

½ tsp chilli powder

200ml water

Salt

240ml coconut milk

FOR THE TEMPERING

1 tbsp coconut oil

¼ tsp mustard seeds

½ onion, chopped

Few curry leaves

1-2 dried red chillies

1 Wash the lentils, add it to a saucepan along with the chopped onions, garlic, curry leaves, cinnamon, turmeric, Sri Lankan curry powder and chilli powder. Stir well and let it boil. Bring the heat down to a medium simmer, cover and cook till the water has evaporated and lentils are cooked.

2 Add salt and the coconut milk. Stir and let it come to a slow boil. Cook it further for 2-3 mins and take off from the fire.

3 For tempering, heat oil in a pan, and then add the mustard seeds.

4 When the mustard seeds start to crackle, add the chopped onion and curry leaves. Cook until the onions turn light brown in color, add the dried red chillies and fry for a minute. Tip the tempering onto the lentil curry and serve.

Steamed jaggery and coconut milk pudding

SERVES 4 ● PREP 15 MINS ● COOK 30 MINS

250g jaggery, crushed or grated

250ml thick coconut milk

4 eggs

6 green cardamom pods, crushed

Pinch of salt

Fried cashew nuts and fried raisins, to garnish

FOR THE CARAMEL SYRUP

3 tbsp sugar

4 tbsp water

1 Heat the crushed jaggery and 2 to 3 tbsp water in a saucepan till melted. Whisk till it cools down. Add the coconut milk to the melted jaggery and whisk.

2 In a separate pan, whisk the eggs with a pinch of salt and cardamom. Add the egg mixture to jaggery and coconut milk mixture and beat till combined.

3 Strain the mixture, pour into a heat-proof bowl and steam for 25 mins. Chill in the refrigerator once it is cooled.

4 To make the caramel syrup, caramelise the sugar in a saucepan. Add water and boil till it forms a thin syrup. Pour the syrup over cooled pudding. Garnish with fried cashew nuts and raisins and serve. 📺

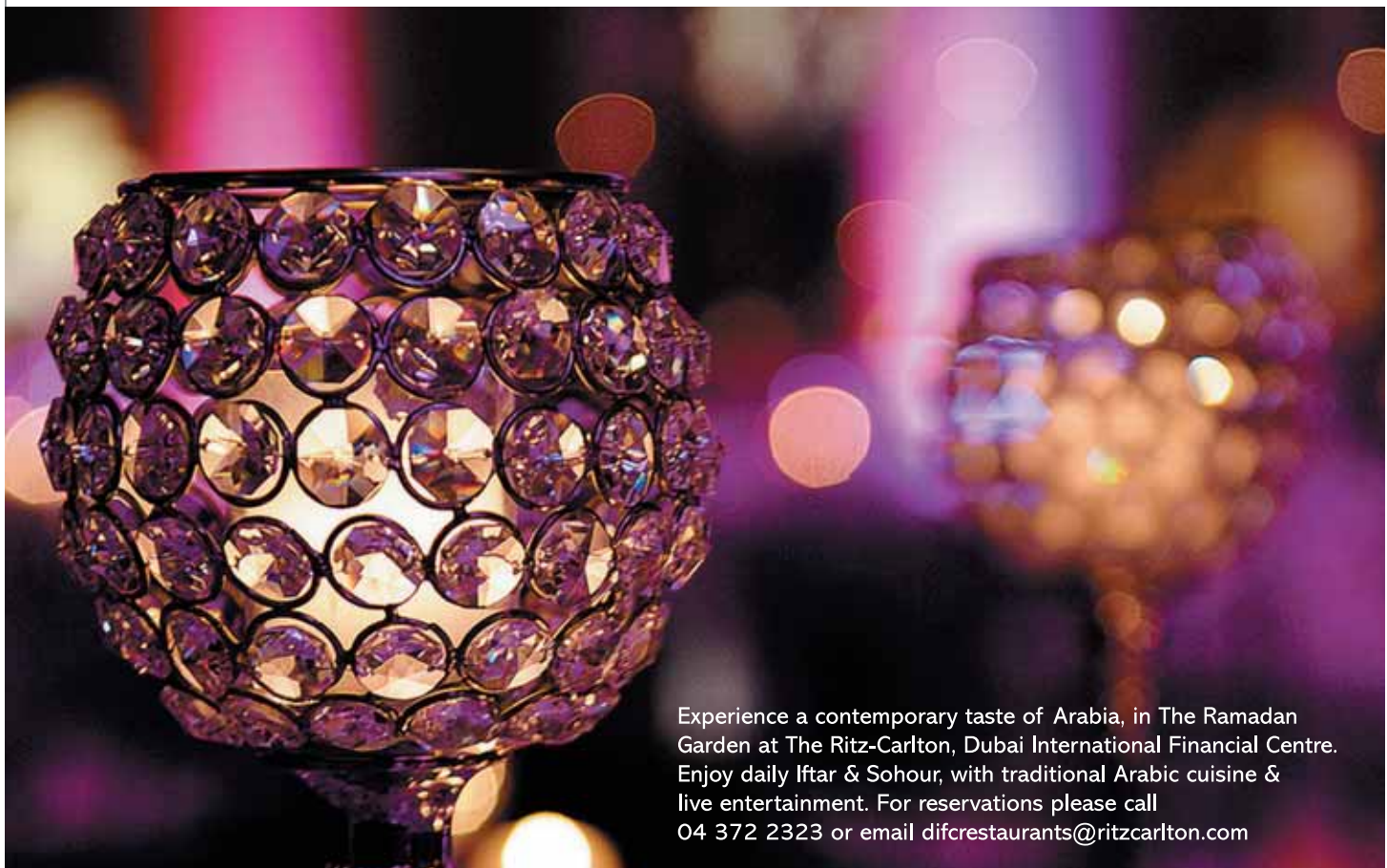
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MOUNTAIN MAGIC

Escape to the Himalayas this summer with a short break in Nepal, only a four hour flight away. Start with discovering the local culture and cuisine at the heritage Dwarika's Hotel Kathmandu, before heading off to the Dwarika's Dhulikhel resort, an eco resort designed like a traditional Nepali village. Set amidst the Himalayan woodlands, here you can immerse yourself in nature surrounded by luxury, while partaking of various activities from yoga and spa treatments, to nature walks and pottery classes. At each hotel, you will get to dine on traditional cuisine created from naturally grown, locally sourced produce, many of which comes from the Dwarika group's own Eco Organic farms. Five night summer packages combining both properties start from US\$749 (Dhs2,750), valid until September. Log on to www.dwarikas-dhulikhel.com.

Sunshine and dine

If you're heading to Europe this summer, make the most of their alfresco weather by checking into a Mandarin Oriental hotel, where you can enjoy a range of outdoor dining options, some only open in the summer. Mandarin Oriental Munich's China Moon Roof Terrace serves international delicacies with alpine views, while Mimosa at Mandarin Oriental Barcelona is a lush garden setting for all-day tapas offerings. Visit mandarinoriental.com for the whole list of alfresco options and other offers.



Text: SUPESRVA GHOSH | Photographs supplied, PHOTOS.COM

TASTE OF THE *world*

All the foodie news from around the globe.



Australia on your plate!

Australia's culinary elite are all heading to Queensland this month, for the Great Barrier Feast, to be held from July 12-14 at the luxe Qualia resort. The gastronomic weekend will see top chefs such as Peter Gilmore, of Quay restaurant fame, hosting masterclasses and sharing their cooking tips and techniques, and will culminate in a showpiece dinner featuring a six-course menu using local produce, with paired wines – that diners can not only enjoy feasting on, but also watch the chefs cook up, with live camera link-ups to the kitchen. There's no better way to take in the stunning natural beauty of the Great Barrier Reef in private luxury, while sampling these chefs' creations sans their restaurant waiting lists. Two-night packages with stay, transfers, breakfast, masterclasses and gala dinner cost from AUD\$2,950 (around Dhs10,400), visit www.qualia.com.au.

Sweeten the deal!

Mövenpick Hotels & Resorts has introduced a worldwide initiative to help bring a little 'extra something' into their guests' experience – *Chocolate Hour*. Every day between 5pm and 6pm, guests can get their sugar fix by indulging in some premium Swiss chocolates distributed free in the lobbies. Each hotel puts its own spin on this, with the Mövenpick Hotel Ibn Battuta Gate offering a 'chocolate display', and 'Mrs Battuta' greeting guests at the door with an array of themed treats.



WEBWATCH

Looking for an offbeat epicurean adventure? Log on to www.intrepidtravel.com/food, a small-group travel company which offers a range of foodie trips in destinations around the world with local, insider guidance.



A foodie guide to Barcelona

Farah Sawaf spends a long weekend in her former hometown and culinary hotspot Barcelona, and comes back reminded of why she fell in love with this city in the first place.

Barcelona is probably one Europe's most underrated cities. As the proud capital of Catalunya, Barcelona combines Spain's cultural depth, Northern Europe's progressive thinking and a dynamic Mediterranean vibe. A casual stroll through the city's seemingly endless array of pedestrian zones will confer upon any visitor a simple truth – Barcelona offers visitors a window into what it truly means to love living life.

But in nothing is its zest for life more evident than in its culinary offerings – a city made famous for its molecular gastronomy perhaps, but with so much more to offer. Whether it's cutting-edge culinary theatre, or honest, simple food, Barca has something for every taste. While you could spend days, if not weeks, eating your way through the city, here is my guide to a gastronomical three-day weekend in Barcelona.

DAY 1



El Quim De La Boqueria: Forget any semblance of formal dining etiquette when walking up to El Quim de la Boqueria's storied bar counter. Chef Quim Márquez Durán has only 18 stools in his modest establishment but they tend to be occupied by people who really care about what they eat. Located right in the heart of Barcelona's timeless Boqueria market, Quim's bustling 22-year-old restaurant serves up a typical Catalan breakfast, tapas, as well as lunch to hungry shoppers and market vendors alike. While dining, you can spot several celebrity chefs enjoying breakfast, indulging in freshly delivered produce direct from Catalunya's abundant agricultural and farming heartland. *Open Monday-Saturday, 7am onwards. www.elquimdelaboqueria.com*



Casa Gispert: This store is indeed an authentic gem. From the decades-old, in-house wood-fired oven, to the scent of freshly roasted nuts greeting you at the entrance, entering

Casa Gispert is like taking a step back in time to visit your great-aunt's rustic countryside cottage. Casa Gispert is not only a store but also a factory, given that all its products are roasted within its walls. You can not only buy raw or freshly roasted nuts but also a wide spectrum of artisanal food products. Whether it's nuts covered in sugar or soaked in honey, dried fruits, oils and vinegars, sundried tomato, jams, herb bundles, nougats, chocolates, teas and coffees, Casa Gispert offers something for even the most demanding of foodies. www.casagispert.com



Cafes el Magnifico: Opened by the Sans family in 1919, Cafés El Magnífico in Argenteria is a treasure trove of single-origin coffees from virtually every corner of the world – Ethiopia, Kenya and Java to Nicaragua, Colombia and India. From its base in the Borne district, El Magnifico toasts small batches of beans and grinds them to order for maximum freshness. It also stocks a range of espresso pots, cafetières and coffee filters. Something of an institution in the city, Cafés El Magnífico visits each plantation personally to ensure that all of its coffees are chosen not only for their quality, but also for their fair trade credentials. cafeselmagnifico.com.



Passadis Del Pep: Tucked away in a nondescript residential building in Pla de Palau, this hole-in-the-wall restaurant is an unlikely star in Barcelona's culinary line-up, staying true to its no-menu policy for 30 years. An integral factor in the Passadis experience is the level of trust a diner must invest in the establishment, for developing an impromptu and personalised menu. A typical meal at Passadis would include portions of the finest locally sourced shellfish, prepared simply but with a distinct personality, followed by a selection of freshly caught grilled fish, coupled with a succulent chickpea stew with meat and artichokes. Basque



Casa Gispert is a nutty haven



No coffee-lover should miss the historic Cafés el Magnifico

peppers, seasoned with oil and sprinkled with salt, aren't far behind, nor are the sensational baby squid sautéed with garlic shavings. You may even be lucky enough to find catalan escargots simmering right in front of you. In many ways, it is sheer culinary pot luck in terms of what the team at Passadis deem worthy enough to plate for you. www.passadis.com



Bubo: One cannot visit Barcelona without 'playing' in the amazing boutique Bubo, located in Carrer Caputxes. From truffles with vanilla, curry with white chocolate, macarons in the shape of hamburgers – Bubo has managed to fuse art with sweets to result in good-to-look-at-and-even-better-to-taste desserts. The selection at Bubo is never repeated and the new creations that are constantly pumped out from their workshop depends both on seasonal availability of locally



Park Güell is a Gaudí-created wonderland, the perfect picnic spot in Barcelona

grown herbs and spices, and what is in demand. The retail shop is next door to its own café where you can enjoy a creative light bite – and of course experiment with what you have just purchased! bubo.es



Tickets: This is a tapas restaurant that is in a league of its own, if only for the simple reason that it is owned by the Adrià brothers, of elBulli fame. At its helm is the ever so talented Albert Adrià, elBulli's former head pastry chef, as well as part of its core team for over 20 years alongside his brother Ferran Adrià. Making a reservation at this restaurant is not easy – it is typically booked solid for at least three months, but it is absolutely worth the wait. I would recommend

the 'surprise' menu that will have you on the edge of your seat taking pictures non-stop – think liquid olives which are carefully laid onto a fish-shaped spoon, mini air-bags stuffed with Manchego cheese, liquid ravioli, pastry horns filled with crema Catalana, and my absolute favorite, cotton candy trees in a pot with chocolate soil.

From the molecular gastronomy, to the almost Gaudi-esque presentation, to the custom designed 'tools' through which to experience the tapas, Tickets is in many ways the unofficial successor to elBulli's trailblazing culinary path. ticketsbar.es

DAY 2



Brunch & Cake: As coffee and breakfast lovers, the management at Brunch & Cake

have just one philosophy – everything is 100 per cent hand-made and local. With a motto like 'In grandmothers we trust', this charmingly buzzing breakfast locale offers hearty, healthy comfort food. Located at the end of picturesque Enric Granados – just a 15 minute walk away from the main city center – one of Barcelona's most seriously underrated zones, Brunch & Cake offers a relaxed introduction into Barcelona's breakfast culture, with a menu of both savoury and sweet dishes – such as truffle eggs with homemade toast with avocado and mushrooms, ricotta with honey on thick warm crunchy fresh bread topped with fresh blueberries, and freshly brewed organic coffee. *Enric Granados 19, no reservations are accepted.*



SANS & SANS: Located in the spiritual hub that is El Borne's magnificent Santa Maria del Mar Church, Sans & Sans Fine Tea Merchants offers what is arguably the most diverse selection of loose leaf teas in Spain. Since its opening, three generations of the Sans family have gained a reputation for being the finest purveyors of tea in all of Barcelona, everything from delicate Japanese Sencha and quintessentially English Earl Grey, to in-house cocktails of aromatic tea infusions of fruits, herbs and spices. Sans & Sans even offers its own exclusive ranges, including a selection of jasmine blends and its Silver Collection of white teas, all individually chosen from the >>



Creative chocolate creations are the name of the game at this sweet boutique



Fine teas on offer at Sans & Sans

finest tea gardens across the world. Refresh yourself from a post-brunch slump with some of their fine teas, before stocking up on tea accessories like pots, cups, filters and tea caddies; the knowledgeable staff members are always on hand to advise you on the perfect way to store and prepare your brew of choice.

sansisansbarcelona.com



Vila Viniteca: Recognised as one of Barcelona's finest gourmet shops and noted as an un-missable stop in several culinary tourist guides, Vila Viniteca in Agullers is an absolute must visit. A meticulously curated offering of preserves, oil and freshly rolled pasta are just some of the store's offerings, aside from handcrafted cheese churned at the hands of Spain's finest cheesemakers, and the most intriguing selection of cold cuts from several distinguished artisanal producers. While you could while hours away in Vila's aisles, my tip is to assemble a picnic basket and head to Park Guell to experience the sun setting over Barcelona!

vilaviniteca.es



Picnic at Park Guell: Visiting this park is akin to entering Antonio Gaudi's creatively complex mind! Park Guell is one of the most impressive public parks in the world, originally intended to be a residential park for sixty family homes. Gaudi planned and directed the construction of the park from 1900 to 1914, but the project fell through and the park became city property in 1923. Though never fully completed, it still remains one of Gaudi's most colorful and playful works. There are few things that say indulgent summer holiday as much as a lazy picnic in the park, so unpack your treasures from Vila Viniteca on a bench and enjoy the afternoon – it is indeed a simultaneous feast for both your stomach and your eyes.

www.parkguell.es

DAY 3



Hofmann Culinary School: A trip to this culinary school will make any legitimate foodie want to delay their flight back home! Since launching her school in 1982, Michelin star chef Mey Hofmann's intention has always been to open culinary doors for all those wanting to learn more about creative cooking and the world of gastronomy. Be it the sight of an exquisite red pepper, or the scintillating scent of butter melting on a pan, the Hofmann school offers an unforgettable sensory experience.

You can sign up for a day course where you enjoy

an exquisite Hofmann breakfast to start with, followed by a tour of one of the amazing Barcelona market. You then cook with what you buy having designed your own menu – Hofmann gives you ideas and you decide. At the end of the workshop you can enjoy what you have cooked for lunch.

Gastronomy Day courses are offered for group bookings, prices start from € 1,200, www.hofmann-bcn.com



Koy Shunka: Recommended to me by chefs Albert and Ferran Adria themselves, Koy Shunka serves up a superb menu that brings together the legitimate – and not the California Roll variety – flavours of Japan. A major part of the Koy Shunka experience is the Spartan design in which the kitchen is brought to the forefront of the dining experience. There is no music and very little distraction from the culinary stage that enables diners to witness their meal being constructed right before their very eyes, with the focus firmly on the chef's meticulous approach to preparing simple yet exquisite Japanese cuisine – ranging from an extensive array of sushi, sashimi and a variety of carefully sourced grilled meats, to belly tuna tartar, Galician seaweed salads, and twists on the classic sea cucumber. The enchanting Hideki Matsuhisa patrols all aspects of the restaurant with the passion and excitement of a freshly minted graduate, and in fact, it is his singular passion that has led to Koy Shunka becoming a regular destination for those really in the know when it comes to Barcelona's culinary trail.

koyshunka.com.

Faraw Sawaf is the founder of Dubai-based food website, [Cooking with a Manicure](http://Cookingwithamanicure.com). Visit cookingwithamanicure.com.



Shop up a food storm at Vila Viniteca



Contemporary Japanese is brought to life at Koy Shunka



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Greek summer sensation

At last month's Food Club event held at the Juma Al Majid Samsung showroom in Oud Metha, members gathered to watch chef Ilias Kokoroskos from Elia Restaurant, Majestic Hotel Tower Dubai, rustle up a Greece-inspired summer menu.

Our latest lunchtime event saw guests not only getting to watch and learn from the chef's masterclass, but also sample taster portions of each dish in the three-course menu, and interact with the chef, as he cooked up the dishes using a Samsung microwave oven and refrigerator. All the guests got a goodie bag which included oven mitts, an apron, and a 20 per cent discount card from Elia Restaurant, as well as enjoyed a 10 per cent discount on any purchase of Samsung home appliances at the store. One lucky raffle draw winner got to take home the all-new Samsung Top Mount (480 litre) refrigerator, while another won a Microwave oven. A dinner voucher for two from Elia restaurant was up for grabs as well! Take a look at the pictures and recipes from the fun-filled afternoon.



Chef Ilias Kokoroskos provided an insight into Greek cooking



The audience was all eyes and ears



The chef worked with Samsung gadgets to create the dishes



One lucky raffle draw winner received a microwave oven



Another winner walked away with a brand new fridge!



Lauren Wing from BBC Good Food ME introduces the chef



A summery strawberry dessert



Guests enjoyed tasting the dishes



Fasolakia me vinaigrette tomatas kai spasmeni feta
(Kenyan green beans with tomato vinaigrette and crushed feta cheese)
SERVES 4 • PREP 5 MINS • COOK 5 MINS

120g tomatoes
40g red onions
2 garlic cloves
30ml olive oil
20g green capsicum, sliced
A pinch of fleur de sel (optional)
10ml white vinegar
Salt and pepper, optional
300g Kenyan green beans
20g baby spinach
100g feta cheese

Extra virgin olive oil, for drizzling
A pinch of oregano (optional)

1 Mix the tomatoes, red onions, garlic, olive oil and capsicum, and refrigerate overnight.
2 Take out from the refrigerator, add the vinegar, salt and pepper, and mix again.
3 Steam the beans in a multi-oven for 6 mins at 200C, or blanch in boiling salted water for 3 mins. Remove and dip in ice-cold water. Set aside until the beans are cold.
4 Mix the beans with the vegetables in vinaigrette, and add the baby spinach. Season with the fleur de sel, if using, and transfer to a deep plate. Scatter the feta cheese over and drizzle with extra virgin olive oil and oregano, if using. >>



Garides me aromatika, tomata marinarismeni me thalassino alati kai elaiolado (Shrimps with fine herbs, cream cheese and tomato)
SERVES 4 • PREP 5 MINS • COOK 5 MINS

20 shrimps
4 mint leaves
12 basil leaves
8 parsley stems
40g red onions
4 garlic cloves
4 spring onions
40g cucumbers
2 celery stems
Fleur de sel (optional)
Dry oregano (optional)
Black pepper (optional)
20ml olive oil
120g soft cream cheese
4 small tomatoes

1 Steam the shrimps in a multi-oven for 4 mins at 200C, or blanch in a pot of boiling water for 1 min. Remove and dip in ice-cold water for 20 secs. Dice the shrimps into big pieces and place in a bowl.

2 Finely chop the mint leaves, 6 basil leaves, parsley, red onion, garlic cloves, spring onions, cucumber, celery, some fleur de sel, if using, black pepper and olive oil. Add to the shrimps, mix all the ingredients and set aside.

3 Chop 3 of the tomatoes. Mix the soft cream cheese with the chopped tomatoes, the remaining basil leaves, olive oil, oregano and black pepper. Place in an oven for 2 mins at 200C.

4 Cut the remaining tomato into medium thick slices and marinate with a pinch of fleur de sel, olive oil and black pepper.

5 Place the shrimp mixture on a plate followed by a layer of tomato, a layer of cheese and top with another layer of tomato. Serve cold.



Soupa fraoulas me Chantilly
(Strawberry soup with icing cream flavoured with fresh vanilla)
SERVES 4 • PREP 5 MINS • COOK 20 MINS

200g fresh strawberries
20g sugar
120ml fruit flavoured non-alcoholic beer
60ml cream
Icing sugar, optional
2 vanilla bean pods

1 Combine the strawberries with the sugar and the beer in a heat-proof bowl. Cover with cling film. Place on a hot bain marie (or place inside a pot of boiling water) for 20 mins.

2 Scrape the vanilla seeds from the pods. Whip the cream with the icing sugar and vanilla for 2-3 mins. Taste and if needed, add some more icing sugar.

3 Place the whipped cream in a deep soup bowl and add the strawberries. Pour over a spoon of the strawberry juice from the cooked berries, and serve. 🍷

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What they said

Feedback from our Food Club members:

● Thank you for inviting me to the Masterclass. It's my first time attending a Food Club event and I love that we get a chance to sample these delicious dishes. ● – Ann Jones

● The chef prepares everything so clearly in front of you, which makes it easy to cook at home. I'm really enjoying myself and look forward to attending other Food Club events. ● – Faryal Riza

● The class is presented in such a great way! All these dishes look really easy to replicate at home, and even though I hardly cook, I will definitely try these. ● – Mitali Khanwani

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*Terms & conditions apply.

Competitions

Fabulous prizes, from dining vouchers to event passes, up for grabs.



WIN! IFTAR FOR FOUR AT RANG MAHAL BY ATUL KOCHHAR, JW MARRIOTT MARQUIS DUBAI, WORTH DHS1,200.

Celebrate Iftar with three friends by indulging in gourmet Indian cuisine at this restaurant concept by celebrity chef Atul Kochhar. The set menu will feature dishes cooked using traditional techniques such as Gulf prawns with saffron marinade, chicken in yoghurt and almond sauce, and home-style masala okra.

WIN! TURKISH IFTAR BUFFET, FOR FOUR WINNERS, WORTH DHS1,000, AT AURIS PLAZA HOTEL, AL BARSHA.

Opt for a Turkish Iftar buffet this Ramadan and indulge in traditional regional dishes, such as Enginar, an artichoke confit; Muhlama, a traditional polenta; and Yaprak Sarma, vine leaves filled with rice, meat and spices. End your meal with a selection of Turkish desserts and the popular tea (Cay) before moving to the rooftop pool terrace for shisha and a game of cards.



WIN! DINNER FOR FOUR, WORTH DHS500 EACH, AT TRIBES AFRICAN RESTAURANT, MALL OF THE EMIRATES.

Two lucky winners can take a friend along each, to get a taste of Africa on their plate. Tribes offers a selection of dishes from around the region, that are influenced by the spice islands of the East, the French in the West, the Malay and Dutch in the South, and the Arabic flavours of the North.

DOHA competitions



WIN! SUHOOR FOR TWO AT RENAISSANCE DOHA, WORTH OVER QR500.

The Al Areen ballroom is the place to be, if you want to relax after Iftar and try a selection of Ramadan juices, soft drinks, fresh salads, bites, and shisha, while listening to tunes from the live Arabic band.



WIN! SUHOOR FOR TWO AT INTERCONTINENTAL HOTEL DOHA, WORTH QR430 EACH.

Take a friend along to the special Suhoor buffet to try Arabic delicacies from the live stations at 'Shahrazad', Doha's original Ramadan tent.

WIN! LUNCH FOR TWO AT SHANG PALACE, SHANGRI-LA DUBAI, WORTH DHS400.

Take a lunch break and head to this specialty Cantonese restaurant on a weekday, to tantalise your tastebuds with mouthwatering cuisine featuring sizzling hot plates, and a selection of meat, seafood, vegetable and noodle dishes.



WIN! A PLATTER OF FINGER FOODS AND SELECTED BEVERAGES FOR TWO, WORTH OVER DHS350, AT THE HUB, SOFTEL DUBAI JUMEIRAH BEACH.



One lucky winner and a friend can try the Hub Grub promotion, which takes place daily in the evening, to feast on a platter of munchies including chicken wings, baby back ribs, jalapeno poppers, tempura shrimps and hummous, while washing it down with refreshing beverages.

WIN! IFTAR BUFFET FOR TWO, WORTH DHS310, AT THE ADDRESS DUBAI MARINA.

One lucky winner will get a chance to experience traditional Arabian hospitality at the Iftar held in the Constellation Ballroom of the hotel, and savour a selection of Arabic salads, Ramadan specialties including lamb ouzi, and desserts.



To stand a chance to win these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to go directly to the website, and answer the simple questions.

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American national **HOLLY S. WARAH**, worked as an English instructor in a college for ten years, before taking on one of the hardest jobs in the world – being a homemaker and mother! The 47-year old from Seattle moved to Dubai over 12 years ago and lives in Umm Suqeim with her three children and Palestinian husband Sami. When Holly isn't blogging, she also loves writing fiction, reading literature from around the world, travelling and taking photographs, testing recipes and trying out Arabic dishes at various restaurants in the city.



Secret ingredient

Pomegranate molasses – I add it to salad dressings, marinades, safiha meat pies and stew. It's also great as a garnish or drizzled over fattoush and salads, but beware – it's potent and tart.

Favourite food memory

My first Ramadan experience! I was a newly-wed in Bethlehem, at my husband's family home, and in the still-dark hours of morning, we were woken by a man walking the streets beating a drum. The neighbourhood came alive, shops and bakeries opened, neighbours bought fresh bread, and the family gathered to eat eggs, hummous, little plates of jam, labneh and chunks of sesame halva, with bites of bread, and strong, sweet mint tea.

Meet the blogger

Helping you connect to the UAE'S foodie community, one blog post at a time.

*About the blog

Arabic Zeal began over two years ago as I wanted to share my experiences with Arabic food and culture. I find that food is a terrific bridge between people, and in my own small way, I hope it break downs the barriers between Americans and Arabs. Whenever I post a recipe on the blog, I include cultural information, such as how the food is eaten and the significance of the dish, to give it some substance.

I love gourmet coffee beans – I am from Seattle, after all!

A foodie personality I would love to dine with

Martha Stewart. I would ask her what she thought of Dubai when she visited, and serve Middle Eastern mezze - fattoush, grilled bell peppers, fatayer, stuffed eggplant, falafel and grilled halloumi. I'd also tell her the stories behind each dish.

A COOKBOOK CLOSE TO MY HEART

Jerusalem by Yotam Ottolenghi and Sami Tamimi (Ten Speed Press). The city of Jerusalem is special to me as that is where my husband and I were married. I appreciate the diverse approach of this cookbook, and I can practically smell the food when I see the photos.

Top foodie tips

- * Prepare clarified butter by melting a pound of butter, simmering for a few minutes, cooling it down, and then removing the white solids by straining with butter muslin (cheese cloth). Make this in bulk and store in a glass container in the fridge. Use it not only in Middle Eastern pastries and grilled halloumi cheese, but also for crêpes, omelettes, or anything that involves butter and high heat.
- * The key to making a traditional American-style pie crust is to roll out the dough only once. If the dough tears, press or glue it back together with a paste of water and flour. Avoid re-rolling as that ruins the flaky layers of the crust, and before baking, brush the top crust with milk and sprinkle with sugar to hide any patches.
- * If using canned tomatoes for a soup, sauce, or salsa, use cans of Italian whole peeled tomatoes – instead of the chopped ones – and chop them yourself, as the quality and taste of whole tomatoes is superior.

My go to dish is...

Egyptian foul – I have it with fresh parsley and chopped tomatoes, wheat pita bread and mint tea on the side. It's a complete meal and the perfect fast food – inexpensive, delicious and healthy!

My favourite Ramadan dessert

The centrepiece of the two Eid holidays is definitely date-filled ma'amoul – they are connected to emotion and tradition.





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